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ABSTRACT

Rules for women's soccer, speedball, and flag football from June 1972 to June 1974 are discussed. Standards in sports for girls and women are detailed along with the Division for Girls and WOMEN[S Sports (DGWS) statement of belief, Specific articles dealing with the skills, techniques, and rules of soccer, speedball, and flag football are presented. A bibliography and a list of visual aids are included for each of these three sports. (BRB)

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Soccer-Speedball Flag Football GUIDE

JUNE 1972 – JUNE 1974

With Official Rules

SP 006 721

Editors

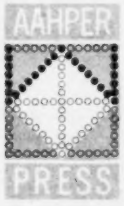
Keturah Cox, *Soccer*

Sarah Erbaugh, *Speedball*

Carolyn Hewatt, *Flag Football*

THE DIVISION FOR GIRLS AND WOMEN'S SPORTS

American Association for Health, Physical Education, and Recreation



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DIVISION FOR GIRLS AND WOMEN'S SPORTS

The Division for Girls and Women's Sports is a nonprofit educational organization designed to serve the needs and interests of administrators, teachers, leaders, and participants in sports programs for girls and women. It is one of eight divisions of the American Association for Health, Physical Education and Recreation. Active members of the Division are women members of the American Association for Health, Physical Education, and Recreation who are interested in sports for girls and women and who participate in the work of the Division. These women are professional leaders in schools, colleges, community centers, industrial plants, military services, public and private clubs, and agencies.

The purpose of the Division for Girls and Women's Sports is to foster the development of sports programs for the enrichment of the life of the participant.

The Division for Girls and Women's Sports attempts to promote desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating of officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating and disseminating research in the field of girls and women's sports.
6. Organizing various units of AAHPER concerned primarily with girls and women's sports in order to exert effective leadership.
7. Sharing in the interests of other AAHPER divisions and/or sections in promoting sports programs.
8. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.

SPORTS GUIDES AND OFFICIAL RULES COMMITTEE INTEREST INDICATOR

The SGOR Committee is endeavoring to broaden its base of personnel and to strengthen its services to *Guide* readers. The purpose of this form is to offer readers an opportunity to join us in meeting this need. Please complete this form and send it to the SGOR Associate Chairman-elect, whose name and address appear on page 16.

Name_____

Professional Address _____

City_____ State_____ Zip Code_____

1. Check the Sport Committee(s) which would be of interest to you:

____ Aquatics	____ Flag football	____ Speedball
____ Archery	____ Golf	____ Squash
____ Badminton	____ Gymnastics	____ Tennis
____ Basketball	____ Lacrosse	____ Track and Field
____ Bowling	____ Outing Activities	____ Volleyball
____ Fencing	____ Soccer	____ Winter Sports
____ Field Hockey	____ Softball	

2. Would you like to serve as a member of a Sports Guide Committee of your interest?* ____Yes ____No
3. Would you consider submitting an article to a Guide Committee as a prospective author? ____Yes ____No
   Possible topic or title_____
4. Can you suggest topics for articles which you would like to have included in future *Guides?* (Please indicate sport.)
   _____
5. Are there others whom you would recommend for consideration as possible committee members or authors? Please indicate below. (Use additional paper, if necessary.)

Name_____ Sport(s)_____

Professional Address _____

City_____ State_____ Zip Code_____

Sports Committee Member ☐ Prospective Author ☐ (Check one)

*You may serve on only one Sport Guide Committee at a time.

DGWS STATEMENT OF BELIEFS

We believe that opportunities for instruction and participation in sports should be included in the educational experiences of every girl. Sports are an integral part of the culture in which we live. Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

We believe that sports opportunities at all levels of skill should be available to girls and women who wish to take advantage of these experiences. Competition and cooperation may be demonstrated in all sports programs although the type and intensity of the competition will vary with the degree or level of skill of the participants. An understanding of the relationship between competition and cooperation and of how to utilize both within the accepted framework of our society is one of the desirable outcomes of sports participation.

We believe in the importance of physical activity in the maintenance of the general health of the participant.

We believe that participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relations.

For these reasons, *we believe* that girls and women of all ages should be provided with comprehensive school and community programs of sports and recreation. In addition, they should be strongly and actively encouraged to take part in such programs.

PROGRAM

We believe that sports programs for girls and women should be broad, varied, and planned for participants at differing levels of skill. There should be full awareness of the wide span of individual differences so that all types, ages, and skill levels are considered in the planning of sports programs. In conducting the various phases of sports programs, principles must guide action. These principles should be based on the latest and soundest knowledge regarding

1. Growth and development factors
2. Motor learning
3. Social and individual maturation and adjustment
4. The values of sports participation as recognized in our culture.

Elementary Schools (grades 1-6)

We believe in planned, comprehensive, and balanced programs of physical education for every girl in the elementary program. These should provide experiences in basic movements—for example, skip-

ping and simple dance steps, bending, reaching, and climbing—and in a wide variety of activities which require basic sport skills such as catching, throwing, batting, and kicking.

We believe that intramural sports experiences in appropriately modified sports activities should supplement an instructional program for girls in grades 4, 5, and 6, and that in most cases these experiences will be sufficiently stimulating and competitive for the highly skilled girl. We believe extramural sports activities, if included in the upper elementary grades, should be limited to occasional play days (sports groups or teams composed of representatives from several schools or units), sports days, and invitational events.

Secondary Schools (grades 7-12)

We believe that in secondary schools a program of intramural and extramural participation should be arranged to augment a sound and comprehensive instructional program in physical education for all girls. Extramural programs should not be organized until there are broad instructional and intramural programs and a sufficient allotment of time, facilities, and personnel for new programs.

Colleges and Universities

We believe that college and university instructional programs should go beyond those activities usually included in the high school program. There should be opportunities to explore and develop skills in a variety of activities, with emphasis on individual sports. It is desirable that opportunities for extramural experiences beyond the intramural program be accessible to the highly skilled young women who wish these opportunities.

Forms of Competition

Intramural competition is sports competition in which all participants are identified with the same school, community center, club, organization, institution, or industry, or are residents of a designated small neighborhood or community.

Extramural competition is a plan of sports competition in which participants from two or more schools, community centers, clubs, organizations, institutions, industries, or neighborhoods compete. The forms of extramural competition include

1. Sports days—school or sports group participates as a unit
2. Telegraphic meets—results are compared by wire or mail
3. Invitational events—symposiums, games, or matches to which a school or sports group invites one or more teams or individuals to participate.
4. Interscholastic, intercollegiate, or interagency programs—groups which are trained and coached play a series of scheduled games

and/or tournaments with like teams from other schools, cities, or organizations.

International Competition involves players from different nations and provides sports experiences for individuals or groups with exceptional ability and emotional maturity. This type of competition under some conditions could include secondary school girls, but usually it is planned for more mature participants.

Corecreational activities are designed to give boys and girls opportunities to participate on the same team against a team of like composition, provided the activities do not involve body contact. The basis for formation of teams should be to promote good team play. We believe that girls should be prohibited from participating (1) on a boys intercollegiate or interscholastic team; (2) against a boys intercollegiate or interscholastic team; and (3) against a boy in a scheduled intercollegiate or interscholastic contest.

ADMINISTRATION

We believe that certain *safeguards* should be provided to protect the health and well-being of participants. Adequate health and insurance protection should be secured by the institution. First aid services and emergency medical care should be available during all scheduled interscholastic sports events. Qualified professional leaders should ensure a proper period for conditioning of players, a safe environment including equipment and facilities, a schedule with a limited number of games, and similar measures.

We believe that sports *officiating* should be the responsibility of those who know and use DGWS approved rules. Officials should hold current ratings in those sports in which ratings are given.

We believe that the entire *financing* of girls and women's sports programs should be included in the total school budget. It is suggested that income be handled as a regular school income item.

We believe that the *scheduling* of sports activities for girls and women should be in accordance with their needs and that their schedule should not be required to conform to a league schedule established for boys and men's sports.

We believe that excellence of achievement should be given *recognition* and that the intrinsic values which accrue from the pursuit of excellence are of primary importance. We believe that, when awards are given, they should be inexpensive tokens of a symbolic type, such as ribbons, letters, and small pins.

We believe that expert teaching and quality programs generate their own best *public relations.* It is suggested that an effective plan be developed for interpreting the values of the sports program to parents, teachers in other fields, and interested members of the

school or college community, including the press. A procedure which has proved successful is to invite key groups to a selection of demonstrations and sports events at different levels, so that they may see effective programs in action.

LEADERSHIP

We believe that good leadership is essential to the desirable conduct of the sports program. The qualified leader meets the standards set by the profession, including an understanding of (1) the place and purpose of sports in education, (2) the growth and development of children and youth, (3) the effects of exercise on the human organism, (4) first aid and accident prevention, (5) understanding of specific skills, and (6) sound teaching methods. Personal experience in organized extramural competition is desirable for the young woman planning to become a leader or teacher of women's sports. The leader should demonstrate personal integrity and a primary concern for the welfare of the participant.

POLICY-MAKING

And finally, we believe that all leaders, teachers, and coaches of girls and women's sports should be encouraged to take an active part in the policy decisions which affect planning, organizing, and conducting sports programs for girls and women. Leaders should make sure that qualified women are appointed to the governing sports bodies at all levels—local, state, national, and international—to ensure that programs are in the best interest of those who participate.

STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following:

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitations of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.
2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

The various services are offered by committees. All requests for information of services should be addressed to the chairman of the committee into whose field of work the inquiry falls. Inquiries which cannot be readily classified should be addressed to the DGWS vice-president.

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ASSOCIATION FOR INTERCOLLEGIATE ATHLETICS FOR WOMEN–Sponsors national tournaments and establishes procedures for regional development and for sanctioning intercollegiate events.
President: CAROLE OGLESBY, Purdue Univ., W. LaFayette, Ind. 47907

DIVISION HISTORIAN–Maintains file of historical records and publications which are available on loan.
Historian: HAZEL PETERSON, Univ. of Idaho, Moscow, Idaho 83483

LIAISON–Maintains relationships with allied national sports organizations.
Chairman: MILDRED BARNES, Central Missouri State College, Warrensburg, Mo. 64093

NATIONAL INTRAMURAL SPORTS COUNCIL–A joint council of DGWS and DMA to provide leadership to initiate and to improve intramural programs at all educational levels.
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STATE CHAIRMEN–Each chairman organizes committees for educational and informational work within her state. See list in current DGWS *Basketball Guide.*

STUDENT SPORTS ORGANIZATIONS–Organizational and program service to GAA's and WAA's maintained through NGAA Project and CWS.
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[1] Current Guide material prepared by the 1970-72 Committee; material for 1974-76 Guide to be prepared by 1972-1974 Committee.

Offense Is the Best Defense

EUNICE HOWLEY

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For ages we have maintained that a soccer team consisted of five forwards, five defense players, and a goalkeeper. The result has been just what one might expect when halfbacks are needed.

The only way to score, and be on the offense as well as the defense, is to start thinking of our soccer team as consisting of eight attacking players, two sound defense players, and a goalkeeper. The three extra attacking players (the halfbacks) should not forget, however, that they have a very important share in the defense, but they should know when this takes place.

Halfbacks as Defense

All those who play the halfback position have been drilled to stay behind the forwards to feed them the ball, but they must also mark opposing forwards (see where they are) while backing up their forward line.

The result has been disastrous. Halfbacks will come up just ahead of the forwards they are marking. The space between the halves and their own attacking forwards grows greater and greater. When the forwards lose the ball they have to come back to retrieve the ball, or wait until the halfbacks come up to intercept.

The first defense is that the halfbacks should not have to come up to intercept, they should be there! The forwards cannot afford to wait for the halfbacks to come up. Although many soccer teams play this way, it is a losing battle against a good team.

Forwards can not always stay free; spaces must be made for halfbacks to clear into. The halfbacks should be directly behind the forwards who are attacking so they can intercept clears. The forwards can then make the spaces into which an immediate pass can go. Or, if the forwards are unmarked as they make spaces, the ball can be sent directly to their boot. This moving apart by the forwards also provides the ideal opportunity for the halfbacks to take one or two steps and boot the ball toward the goalkeeper. This element of surprise is excellent strategy.

Halfbacks as Offense

Good offensive halfbacks must develop very fine anticipation of where they want to be on the attack and they must play fearlessly in that position. This is achieved when the halves stop worrying about the other team's forwards when their team is attacking. If no balls are missed by the halfbacks as the opponents clear out the balls, they have no opposing forwards to worry about. If the halfbacks are perfect attacking halves, they will definitely shut out the opposing forwards for most of the game. Should the half miss the ball, she has the advantage over the forward who is dribbling the ball in that she can spring back faster, and should the ball pass her, the other half or even the fullbacks, if coached properly, will be in a position to intercept.

What is needed is sound coaching of the defense. This means that there must be two reliable fullbacks. Their cooperation is needed if the halfbacks are to play up and toward the center area near the circle. I have mentioned that the half should sprint back to tackle the wing. Therefore, the fullbacks must let them do this and they must not go over to take the wing. The fullback should run in a position to intercept the pass when it is made and to take the wing when she moves into the inner position. There should always be someone back to cover, and this is the fullback's job.

When the ball suddenly comes down the side of the field (left) the right half, who was backing up the right wing, can anticipate the play. Therefore, she should be hurrying back to help the fullback cutting across deep in the defense when needed. Since she was fairly well in towards the center of the field while her team was attacking, there is no need for the half to run out to the side towards her opposing wing; rather she should run straight back. The fullback on the right side of the field will be playing back and the halfback running back will soon be in the back's place right where the back should be, since she has gone across to the left side to cover. Of course, the halfback must immediately move out to take her own wing if the opponents send the ball across before they have gotten down the field. Now the halfback running back is in a good position to intercept the cross pass because she is not too far out to the side, and the play is too far up for her "sound" defensive back to take it. If, however, the pass is deep, it probably will be in a space that the back can safely cover. The halfback must now move out to the side, as her back may want to use her to pass the ball to, or should the back miss the ball, the right half is now marking her left wing (Figures 1 and 2).

Now that the halfback has learned to play an attacking game, there's another important thing to do. When the halfbacks get the

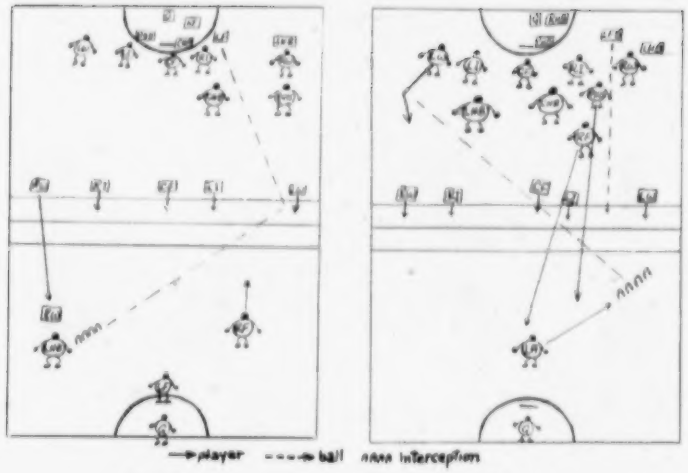

Figure 1. Figure 2.

ball they must put it exactly where the forwards want it. This may be across to the right inner, to the center forward or to the left side of the attack. The halves must boot the ball into a space for the attacking forward, remembering not to make the pass too hard especially when near the striking circle. The halves should know which forward is free to receive the ball.

Very little has been said about the center half who is also playing an "offense defense." Unlike the side halves, the center has to stay longer on the attack, thus causing her to be left behind when the ball swings over to her opponents. She will be late in getting back on the defense. However, two fullbacks, two halfbacks, and a good goalkeeper should be able to take care of the opponents until the center regains her position.

It is important for players to realize that the most important members of the team, those who form the nucleus both on the attack and on the defense, are the halfbacks. No matter how aggressive the five forwards are, they desperately need strong halfbacks for one moment they are on the attack and the next on the defense.

Tackling is a very important aspect for the halfbacks. They must learn how to tackle. A long reach with their foot will give them a split tackle. They must time the dribble and also how their opponent is moving with the ball (Figure 3). Another tackling technique is the

head on tackle which requires good timing. They must get their boot on the ball, hold it a second so that the forward momentum is carried on by the dribble, and the halfbacks have control of the ball (Figure 4).

Figure 3.

Figure 4.

Summary

The offense is the best defense. Halfbacks should be first on the defense. They should be shrewd in anticipating the moves of their opponents; they should be clever at intercepting passes, accurate in passing the ball; they should be fearless at tackling and know when to let the fullback take the ball and when she is needed to assist the back. The first duty of a good defensive player is to get the ball. Next she must do something with it after she get it. She should know what she plans to do before going for the ball.

Beginning Soccer

(First Class Meeting)

BESSIE A. STOCKARD

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There are many methods of starting beginners in soccer, and the information in this article represents the opinions of one person. Existing conditions will of course affect teachers who must adapt their methods to the age of their students, size of the class, amount of time scheduled, and the extent of the facilities, both indoor and outdoor.

One of the most important points to remember is that the soccer class should be a period of fun and relaxation for the students. Therefore, although the knowledge of footwork and body control is invaluable, the beginner must actually get into a game situation the first time she attends the soccer class. This exposure to the game may be for only a few fleeting minutes toward the end of class, but it will prove to be of immeasurable value.

The first meeting of the class should provide the beginner with demonstration of the dribble, (inside and outside) and the pass, with the kick coming as a natural body movement. These demonstrations should be presented as humorously as possible so that the interest of the students will be retained. Fouls can also be mentioned and errors can be brought out but *not* stressed.

Now that you have the attention of the class explain in a more serious vein the dangerous situations that will occur, such as those involving:

1. the player who does not protect her chest
2. the player who kicks the ball with her toe
3. the player who runs madly into another
4. the player who steps on the ball
5. the player who has her body weight back instead of forward.

Teaching Basic Skills

Now you are really ready to teach the basic skills, dribbling, passing, and body control. Line up all students, have them face you,

and starting with mimetics have the students rotate their feet outwards, knees slightly bent. Then have them dribble and pass – stop! Show them how to keep the ball in constant contact with their instep, explain the positions of the foot, head, and hands. The next drill will use the outside of the foot to dribble and pass the ball, again stressing the same body techniques as for the inside dribble and pass. Body position is extremely important in soccer.

I chose the dribble as the most important skill to start beginners with because students must realize immediately that soccer is a running game and the dribble, inside and outside, shows them that they must play the ball on the run and control it and their body all at the same time. Later on the kick will be taught thoroughly, with more effect than if it were taught first. I feel that teaching the dribble first and then the kick will pay off, because each is such an important skill. Another advantage is that the student can go easily from dribbling into positioning for stopping and/or kicking the ball.

After the dribble has been explained, have students practice by using a variety of dribbling drills or relays, after which drills for dribble and passing can be used along with relays.

The next step is to explain the game and positions by:

1. small diagram on ground
2. small magnetic board on field
3. use of players in various positions
4. visuals aids such as posters.

After the discussion on minor rules and play positions, it is a good idea to let the students take any position they want to play, with the knowledge that they will be changing to various positions. After some playing, they can judge where they play best.

Playing a Game

Start by placing five forwards on the field; tell each one (so that everybody can hear) the name of the position she is playing. While the class watches, space the five players and ask them to dribble and pass, as much as they can from one 50-yard line to the 25-yard line. Next, put three halfbacks behind the five forwards and repeat the drill. Encourage them to stay behind when the ball is not on their side of the field. Repeat the drill once more, only this time the forwards and halfbacks go down with two fullbacks added. The fullbacks must be encouraged to move up with the play, especially when the ball is on their side. Next is the goalkeeper. Once more tell each player the name of the position she is playing, after going through the last drill twice. Members of the first group can sit on the field in their proper positions. The second group can go through the game situation technique while the first group watches. Be sure to go through the same procedures and keep students alert by asking questions as you run the second half through the drills.

Now you are ready to line up these two full teams, pinnies and non-pinnies, opposite each other on the field. The fullbacks should come forward and shake hands with the forwards they are playing against.

Let the red pinney forwards go down the field, passing the ball among themselves, while the non-pinnie halfbacks and fullbacks come to meet them. Stress that they should make the player pass the ball, or try to take it from here, while the rest of the team remains seated in position. This can be repeated with nonpinnie forwards and red pinnie defense while the others sit in their positions. Finally, you can let the red pinnie fullbacks and the non-pinnie fullbacks progress against the opposing halfbacks. Call out that the game is on! They will be playing without the kick which no one knows anyway.

Normally it is undesirable to permit players to sit on the field while the others are doing drills. However, on the first day, if they should go elsewhere for passing and dribbling on their own, they will lose too much time and information and they also have to come back to find their positions which they still are not acquainted with.

Summary

The first class session should cover the following basic skill techniques:

1. The dribble – emphasize close control of the ball.
2. The pass – short passing stressing accuracy, ability to pass either to the right or to the left.
3. The kick – form, accuracy, speed, and control are important.

Tactics

1. Position and team play
   a. Knowledge of position and work of each player on the field.
   b. Thorough understanding of own work on the field and ability to stay in own position
   c. Strong emphasis on passes with dodging to come later
   d. Marking–understanding of the importance of close marking, especially defense players in the circle.
2. Knowledge of Rules
   a. Simple fouls such as pushing, playing ball with the hands
   b. Understanding of "off-side" rule and reason for it. Quick recognition of the whistle, getting into position for free-kick, place kick, and knowledge of penalties
3. Roll-in, Defense kick, Corner
   Knowledge of correct position and execution by every member of a team – using merely the elementary and simplest forms of each.
4. Tackling
   Normal body moving in space, correct use of weight and force with ability to tackle from all angles without fouling.

Team Handball-A Girl's Game, Too

MIKLOS TOTTOSSY

Miklos Tottossy is a lecturer of physical education at Queens College, Flushing, New York. Before coming to Queens, he taught at the University of Hungary, Stanford University, Stanford, California, and Catholic University, Washington, D.C. He is an outstanding athlete, has competed in European handball abroad, and is a member of the 1972 Olympic Committee.

Soccer and team handball are both played and loved in Europe. Although soccer is very popular in South America, America, Asia, Africa, and in the Pacific, soccer and team handball are still very new in other parts of the world.

In Europe, handball is played on open fields but principally indoors. World championships are now being held and in 1972, handball will be added to the Olympic games. In the 1936 Olympic games in Berlin, it was included for the first and only time.

Both soccer and team handball are played competitively, but they also have other objectives. These are pedagogical, since in Europe all sports are taught to help to mold the individual's character. There are positive and negative ways to approach this aim. The positive approach involves the development of common interest, self discipline, self control, truthfulness, bravery, ingenuity, persistence, sense of responsibility, helping others, and respect for others. The player must overcome the negative feelings of cowardliness, bitterness, despair, envy, egoism, and anger. The most important of these elements is to make the players understand the necessity to feel the common goal, the fact that *I* comes after *us*. One good player will not win a game by himself – this is the number one rule of any sport.

Soccer and team handball are both played by 11 players. The only difference is that in soccer there are 1 goalkeeper and 10 players occupying set positions on the field with no substitute players except if the goalkeeper gets hurt, while in team handball there are 1 goalkeeper and 6 players in positions on the field and 4 substitute players who can be put in the game any time the ball is out of play.

Both sports have players responsible for defense and offense. The objective is to get behind the defense players of the other team and to put the ball into the net. In soccer this is achieved by passing the ball with the feet and by heading or kicking the ball into the goal; in handball this is done by the upper extremities, by passing the ball

with the hands and by heading or throwing the ball into the goal. To use the hand in soccer is illegal while to use the feet in handball is illegal.

Soccer is played in two halves of 45 minutes each with 15 minutes between, while handball is played also in two halves but only 20 minutes each.[1]

Stamina is considered to be the number one requirement for both sports, although the technical skill comes extremely close after, or is even parallel in importance. In soccer the field is larger and each player has a large area to cover although there are 10 players. The handball court is smaller but only six players cover it and their passes seem to make the game much faster.

Coaching techniques for these sports should include: (1) building of stamina, (2) technical skills and plays, (3) defense and (4) offense.

Building of Stamina

Often, victory is achieved by the team which has stamina and players more fit then those of the other team. The team which is faster, more flexible, and also "lasts longer" in the game, may win over a team which has good technical skills but no stamina to execute them. The strength of a player includes all of the basic physical properties such as power, speed, persistance, skills, flexibility, and agility. But at the same time, the mental characteristics also play an important role in her ability: these are strong will, ability to fight, braveness, concentration, and inventiveness. In order to reach the perfect condition many different types of activities have to be used. Gymnastics, track and field, and other games such as volleyball and basketball should be played. Both for soccer and handball, very good parallel sports are skiing (fresh air), apparatus work (gymnastics for upper body), and swimming (for stretching lung capacity).

The progress to reach the maximal work output by the players should be done gradually and planned well in advance. At the beginning the training should be relaxed, then should become more strenuous and powerful. The warm-up section should include the usual exercises such as running, jumping, and exercises for arms, legs, and torso. Exercises for strength should be divided according to the parts of the body.

For heading the ball, strong necks are necessary (headstands and bridges). The arms are strengthened by pushups and walking on hands while partner holds legs. Also, tug-of-war, rope climbing, and standing rings can be used with great success. Stomach and back

[1]Team handball is a women's sport adapted from men's rules.

strengthening exercises and finally leg exercises round out this group of exercises.

To achieve speed, the players must run a great deal. This should include running with high knees, high heels, running and changing direction, and running short distances but very fast.

Flexibility can be achieved by different jumping exercises – rope jumping, high jumping, and distance jumping. In a typical circuit the stations should be repeated three times and after two weeks the goal should be to cut the time needed to execute the stations: (1) pullups on stall bar, (2) three step hops, (3) pushups, (4) slalom sneak run with medicine ball, (5) valuting, (6) rope climbing, (7) exercises with medicine ball, (8) dribble in slalom, (8) 40-50 second sprints. (10) squatting, and (11) standing broad jump.

The special skills needed for the sport technique and during the tournament, such as speed, endurance, agility, jumping strength, throwing strength, and reaction time should be acquired during the high school years and later should be refined.

Technical Skill

The technical skills for both sports are different, but they can be achieved by employing certain games. Passing is most important for both sports and should be practiced against a line of defensive players. Also, throwing or kicking at the goal and the team play leading to this should be practiced time after time. Naturally, however, in actual play much depends on the players' inventiveness just as much as it depends on the momentary circumstances of the game.

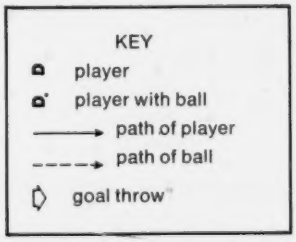
Defense

Defense and offense are equally important. Both soccer and handball apply several types of defense: (a) man-to-man, (b) zone, (c) mixed. These are chosen according to the situation and according to the play. Man-to-man is considered by many as the best defense, but it requires more stamina from the players. Zone can also be played with great success but this requires more team work in opposition to man-to-man defense where number one man is responsible for number two man and the only time his teammate interferes with this is if number one can no longer follow number two and number two is picked up by number one's teammates. Most teams use both types of defense. This is the most fruitful of all defensive plays because the players are adjusting to the situation which has been presented to them by the attacking players of the other team.

Offense

Offense, naturally, is the objective of both games and the only way to achieve a goal. It is similar to any offensive play on the football field or basketball court. Offensive play is a series of movements carried out after the team has possession of the ball. Then in the fastest and most direct way possible the team on offense tries to attack the goal cage of the opposing team. Offensive play is supported by the tactical setups and plans which are carried out by the players. It can be either spontaneous or planned: spontaneous when the player uses the situation present at the moment to attack the opponent's goal cage or planned when the players are coached to carry out a set of movements which might lead to a goal. Offensive play is achieved by the following divisions: elements of tactics (individual tactics), partial team tactics (combinations), and team tactics (offensive setups). The elements of tactics are not endless but variations are possible. Tactics and techniques are very closely related even in the smallest part. It is important that both tactical and technical movements should be practiced to the point where they can be made automatic and played unconsciously.

Techniques For Team Handball



Dodge player. Squad A while bouncing ball, dodges obstacle, and runs toward Squad B. Squad B tosses, catches, and bounces ball while running toward Squad A. Repeat drill. (See Figure 1.)

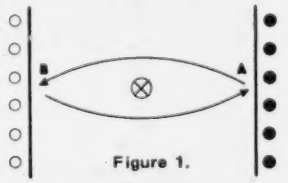


Figure 1.

A runs to receive ball, bounces ball, and then tosses ball to B, who catches, bounces and then tosses ball to A. Continue. (See Figure 2.)

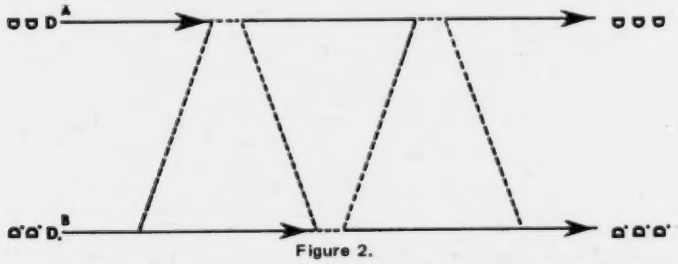


Figure 2.

Bounce-Catch-Pass. Player in center tosses ball to outside player who returns ball to the center. Player in center then bounces, catches and passes ball to outside player who performs skill and returns ball to center. (See Figure 3.)

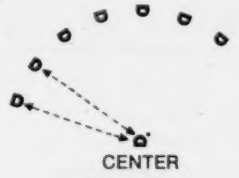


Figure 3.

A passes ball to B, B then bounces ball back to A, A shoots at goal. (See Figure 4.)

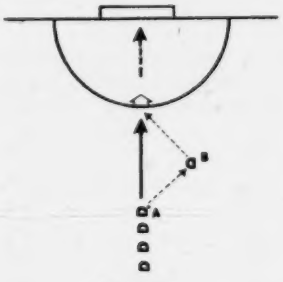


Figure 4.

Shooting practice. Player walks bouncing ball toward goal and then tosses it into the goal. (See Figure 5.)

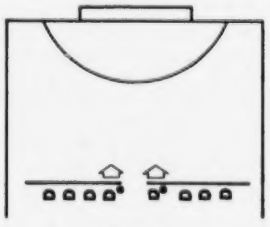


Figure 5.

Variation. Player runs, bouncing the ball and then tosses it into the goal

Relay formation. A passes ball to B who catches and returns the ball and goes to the end of the line, etc. A then changes places with E. (See Figure 6.)

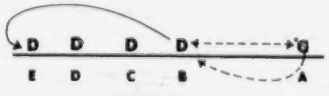


Figure 6.

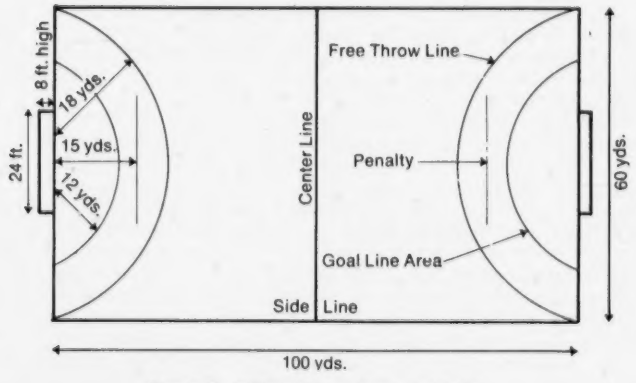


Figure 7. Official Team Handball Field.

A Key to Soccer Defense

ALLEN A. FELD

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Defense in soccer, not particularly a glamorous part of the game, is absolutely necessary if a team is to achieve success. Defense is primarily effective only when it directly relates to the attributes of the individual player and his ability to cope with situations which may arise.

A basic precept for the individual defensive player is to prevent the opponent from getting the ball between himself and the goal. This can be accomplished by concentrating primarily on the opponent and secondarily on the ball.

It is important to distinguish between marking and tackling. Marking places a defensive player in a position close to his opponent before the ball arrives. This position further requires that the defender force his opponent away from the goal area by placing himself between the line of attack and the opponent.

Tackling, however, is that aspect of play whereby a defensive player, correctly using his body, causes the opponent to pass inaccurately, or better still gains the individual with the ball or to the player he is assigned to guard. By shifting with the ball, he is capable of covering the areas nearest the ball.

The man-to-man defense assigns the responsibility specifically for the defender to cover an opposing player. It has been experienced that man-to-man defense is best since it provides cover for every opponent regardless of the attack employed. It is not to be construed, however, that this marking and tackling is the rigid rule. Situations may develop where switching for the duration of the offensive play may be necessary. However, players do return to their original assignments upon completion of the play. Understanding among defensive players is of utmost importance to eliminate the possibility of being caught out of position; e.g., two defenders covering one offensive player while a forward is running free.

A compact defense will provide defending players the opportunity to intercept passes. A defense which is widely dispersed

enables the attack to exercise its passing ability through open spaces. To counter the scoring probability and create a tight defense, several formations have evolved. The most popular is the 4-2-4 and the 4-3-3.

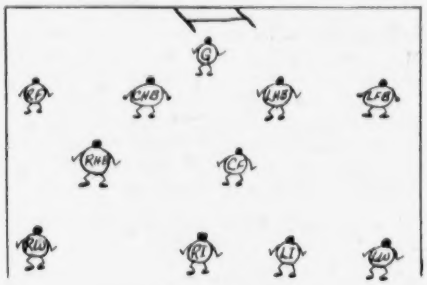

Figure 1.

Using the 4-2-4 system, the fullbacks play wide and close to the opposing outsiders. These fullbacks should be quick, mobile, and capable of recovering rapidly which in turn enables them to meet changing situations. The two halfbacks, playing the center position, add depth to the defense. These players should possess the same attributes as their fellow fullbacks. The mid-field players, RHB and CF should be good all-around players capable of defensive play in mid-field as well as assisting on offense. In addition, the 4-2-4 formation requires the forwards to assume defensive responsibility. When extreme pressure is applied by the attackers, the need arises for the two outside forwards to drop back and assist the mid-field defenders.

Figure 2.

Regardless of the defensive formation used, players must be in a position which will enable them to lend continual support to their teammates. This requires balance and the ability to cover the player with the ball as well as the zone. To accomplish this, the defenders must support on a diagonal line and never parallel to the line of attack. To illustrate this point let us assume that a play is formulated on the right side and a shift is then executed toward the right. This enables the defense to cover the person with the ball as well as support the defense in depth. Assuming then that the ball is suddenly kicked by the offense to the opposite side of the field, the RI or RW is then afforded an opportunity to gain possession. This illustration also served to emphasize the supporting role played by the front line players in defensive situations.

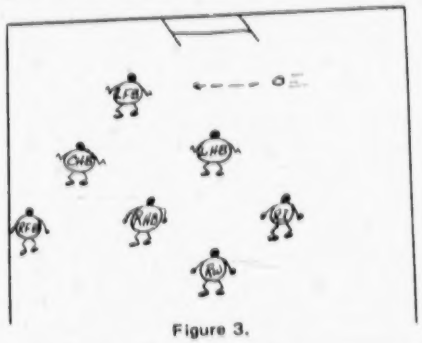

Figure 3.

The last line of defense in soccer is the goalkeeper. He is required to make decisions, act quickly, and communicate with the rear line. In addition, it is of utmost importance that the defenders have a good understanding with the goal-keeper. Since the goalie can handle the ball anywhere inside the penalty area, he then can assist by receiving passes from the backs. This can, however, result in tragedy if there is no communication or lack of comprehension by both parties.

In conclusion, regardless of what tactics or strategy are employed in defensive play, it can well be reduced to putting one player against his opponent. Consequently, the necessity for developing individual skills through well planned practice sessions will enable the players to improve and further their contribution toward the defensive team effort by denying the opponent the opportunity to score.

Pick a Practice

KETURAH W. COX

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Individual skills and new ways to organize the practice of these skills are always a concern for teachers and this article attempts to present some new drills. Teaching points are included for the dribble, kick, trap with sole of the foot, thigh block, tackle, and heading.

The key to all diagrams will be:

——→ path of ball
- - - - - - - - → path of player
A, B players

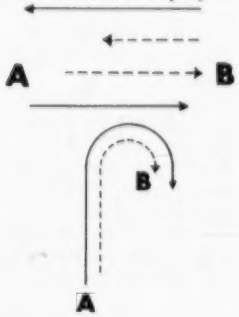
I. Dribble

Teaching Points

1. Tap the ball along the ground with the inside of the foot, not with toes.
2. Keep body forward with head over ball.
3. Keep ball near feet and traveling straight ahead.
4. Push the ball, do not kick it.

Practices

One ball between two players



1. Dribble 15 yards to partner who takes ball and dribbles to partner's place–continue.
2. Variation can be zig-zag formation. A passes on diagonal to B, etc.
3. Use controlled dribble around partner using outside dribble for control as player goes around partner.

II. Kick

Teaching Points

1. Determine the direction and distance ball should travel.
2. Keep eyes on ball all the time, relax.
3. Nonkicking foot is beside ball.
4. Flex knee, as foot goes to ball.
5. Straighten knee, as on contact.
6. Toe is pointed down—the lace should contact ball.
7. Swing leg from hip, follow through.

Practices

One ball between two players;
One ball per squad

A kicks ball to B, B kicks ball back to A. Practice can be done with one ball for four people.

A_1 dribbles ball halfway toward A_2 then kicks ball to A_2 who stops ball—dribbles, passes to A_3—continue skill. Variation: work in threes with figure 8 formation moving down field dribbling and passing to each other.

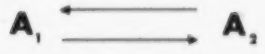
III. Trapping
(sole of the foot)

Teaching Points

1. Keep eyes on the ball at all times.
2. Maintain a relaxed body throughout the performance.
3. Extend leg forward, foot should be four to five inches away from ground at 45^{o} angle to ground.
4. Ball should roll into the trap which has been formed by foot and the ground.

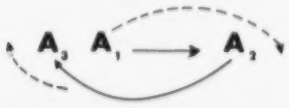
Practices

One ball per squad



1. A_1 rolls ball to A_2 who traps ball and rolls it back to A1. Variation: A_1 kicks ball to A_2 who traps ball and kicks it back to A_1.

One ball between two players



Moving formation: A_1 kicks to A_2, goes to end of opposite line, A_2 traps ball and kicks to A_3 – continue. Variation: A_1 dribbles, kicks to A_2, goes to end of opposite line.

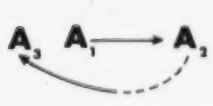
IV. Blocking (Thigh Block)

Teaching Points

1. Keep eyes on the ball at all times.
2. Relax muscles of the thigh.
3. Shift body weight to stationary leg.
4. Bend knee of trapping leg so that it is at right angles to flight of ball.
5. When ball contacts thigh, a slight backward movement of leg from the hip will absorb the impact and cause ball to drop at the foot.

Practices

One ball between two players;
One ball per squad



6. Body should give.
   A_1 tosses ball to B_1 who stops ball with thigh deflecting ball to ground. A_1 kicks ball to B_1 who stops ball with thigh deflecting ball to ground.
   Variation of 1: A_1 kicks ball with foot to A_2 who blocks ball with thigh deflecting it to the ground, dribbles and lofts ball toward A_3.

V. Tackle

Teaching Points

1. Maintain rhythm.
2. Correct timing, accuracy.
3. Keep eye on ball and opponent.
4. Watch opponent for feint tactics, don't be fooled.
5. Don't rush – wait until opponent has committed herself to a definite move.
6. Shift body weight to gain control of ball.

Practices

One ball between two players;
One ball per squad

A dribble one-half way, B comes in to tackle A who changes place with B. Use shuttle formation as variation.

VI. Heading

Teaching Points

1. Keep eyes on the ball.
2. Use forehead – at hairline.
3. Keep eyes open
4. Go to meet ball – jump into air.
5. Keep body erect.
6. Ball should be directed to ground.

Practices

One ball between two players;
One ball per squad

Using volleyball, A_1 tosses ball into air toward B_1 who jumps up to meet ball. Continue until players have timing and self-assurance.

A_1 lofts ball into air with foot, A_2 heads ball, directing it to the ground near her feet – she dribbles one half way across and kicks ball to A_3 who traps and lofts ball to A_4 – continue. Players change positions.

The development of skills through drills of this type will be evidenced only in the game situation. Pick a practice from these drills and observe the difference in play early in the game.

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Soccer Visual Aids

Revised by Cal Papatsos
Queens College
Flushing, New York

Soccer. Series of 11 films. Distributor: Athletic Institute, 805 Merchandise Mart, Chicago Ill. 60654. Sale $18.95 ea., $198 series. Consultant: Gene Kerney, Michigan State University. Demonstrators: Alexander Shotarek, George K. Shanes, and Edward Shotarek. Films cover the following skills:

1. Kicking
2. Trapping–Ground Balls
3. Trapping–Balls in Air
4. Heading and Backheading
5. Dribbling
6. Tackling
7. Throw-in
8. Goalkeeper (Part I)
9. Goalkeeper (Part II)
10. Goalkeeper (Part III)
11. Goalkeeper–Clearing

Soccer–Girls. 1969, si., sd. Series of six filmstrips. Distributors: Sale–Athletic Institute, 805 Merchandise Mart, Chicago, Ill. 60654. $40.50 (si. with guide), $49 (sd. with records). Rent–Association Instructional Materials, 600 Madison Ave., New York, N.Y. 10022. $4.50. Filmstrips cover the following subjects:

1. The Game–History, field dimensions, terminology
2. Basic Skills and Techniques–Dribbling, passing, trapping
3. Volleying – Head, shoulder, knee, foot, instep kick
4. The Goalkeeper–Saving, throwing, kicking
5. Team Tactics–Kickoff, intercepting and marking, tackling
6. Special Situations and Tactics–Kickoff, free kicks, kick-in defense kick, corner kick, roll-in

OFFICIAL SOCCER RULES FOR GIRLS AND WOMEN

Soccer is played by two teams of 11 players each. At the beginning of the game, each team lines up on its own half of the field. The game starts with a *kick-off* awarded to one team. The object of the game is for each team to advance the ball legally down the opponents' half of the field and score a goal by sending it between the opponents' goal posts under the crossbar. The team having the larger score at the end of the playing time wins the game.

RULE 1. FIELD AND EQUIPMENT

Section 1. Playing Field

a. Dimensions of the field

Maximum length—100 yards Maximum width—60 yards
Minimum length—80 yards Minimum width—40 yards

Where short fields are used and width is available, use it; 80 x 60 is better than 80 x 50 or 80 x 40 yards.

b. Field markings

(1) *Halfway line.* The halfway line shall be drawn across the field connecting the middle points of the two sidelines. The center of the halfway line shall be indicated.

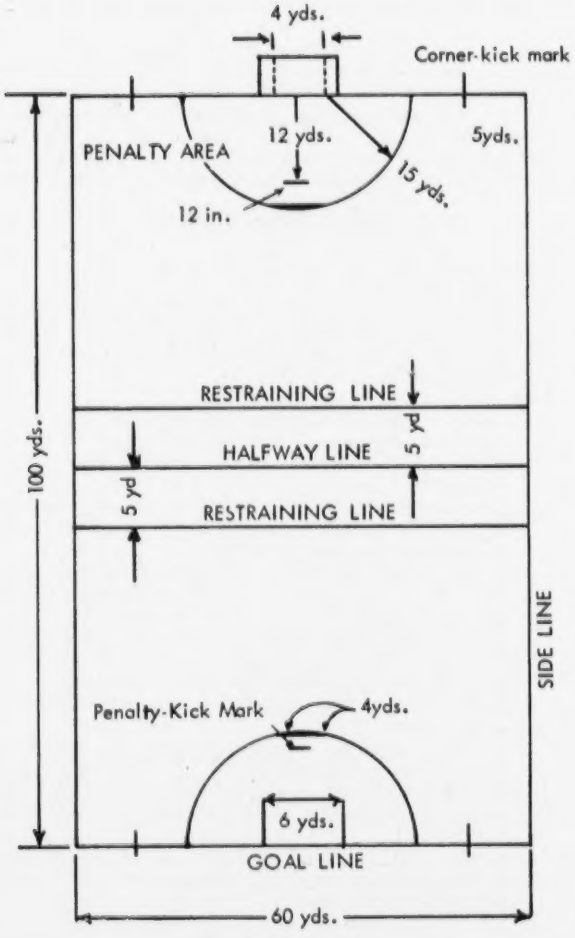
(2) *Restraining lines.* A restraining line shall be drawn from side line to side line five yards from and on each side of the halfway line, parallel with it.

(3) *Penalty areas.* In front of each goal, parallel to the goal line and 15 yards from it, shall be drawn a line four yards in length. From the ends of this line to the goal line shall be drawn quarter circles, the radius being 15 yards and the center at a point one yard inside the goal post on the goal line. The spaces enclosed by these lines, including the lines themselves, shall be called the *penalty area.*

This penalty area is identical to the hockey striking circle. The difference in width between the hockey and soccer goal posts necessitates placing the center of the quarter circle one yard in from the soccer goal posts.

(4) *Penalty kick marks.* The penalty kick mark is a line 2 feet long marked parallel to each goal line, 12 yards from the center of the goal.

(5) *Corner kick marks.* The corner kick marks are marked across the goal lines, five yards from each corner, three feet in length and parallel to the sidelines.



Soccer Field

c. Goals

The goals shall be upright posts, six yards apart, with a horizontal bar eight feet from the ground. The posts shall be fixed on the goal lines equidistant from the corners. The maximum width of the goal posts and the maximum depth of the crossbar shall be five inches.

Section 2. The ball

The circumference of the ball shall be not less than 27 inches nor more than 28 inches. The outer casing of the ball must be of leather, enclosing a tightly inflated rubber bladder. No material shall be used in the construction of the ball which would constitute a danger to the players.

Section 3. Costumes

Each team should have a costume of a distinguishing color. High cloth shoes, with a rubber or leather disk over the inner side of the ankle and extra tips for protection over the toes, may be worn. Leather shoes protect the feet best and may be used, but metal plates or projecting heavy soles are not allowed. Shin guards should be worn for leg protection. There is no special costume for the goalkeeper.

RULE 2. OFFICIALS

Section 1. The officials shall be two umpires, two scorekeepers, and two timekeepers.

Section 2. Each umpire has approximately one half of the field to cover for the entire game, without changing sides. The field is divided by an imaginary line drawn diagonally from corner to corner. Each umpire is responsible for the sideline nearer her, and the goal line and play behind the goal line to her right.

Each umpire shall administer throw-ins on her own sideline.

The umpire on the side nearer scorer's table shall recognize substitutes and shall give the time-in signal on the center kick-off.

Section 3. The umpire shall –

a. Make all decisions for infringement of rules committed within or outside the boundary lines from the beginning of the game to the end, including a period of temporary suspension.
b. See that all kick-offs, free kicks, defense kicks, corner kicks, and penalty kicks are taken properly.

c. Use her whistle at the beginning of the game, and before each succeeding kick-off, including that at the beginning of each quarter.
d. Use her whistle to signify that the ball is out of play.
e. Use her whistle to put the ball into play only in case of a kick-off, penalty kick, roll-in, or after a temporary suspension of the game. In all other cases of putting the ball into play she shall omit the use of the whistle.
f. Use her whistle to signify that a field goal or penalty kick has been scored.
g. Refrain from putting the provision of any rule into effect if by so doing she would be giving advantage to the offending team.

Section 4. There shall be two scorekeepers, one of whom shall be official. The scorekeepers shall–

a. Record the names of the players and substitutes of each team and their positions.
b. Record all scores made by each team from field goals and penalty kicks.
c. Record the number of time-outs taken by each team and notify the umpire in case of more than two.
d. Record the team taking the kick-off at quarters.
e. Sound horn for substitution when the ball is not in play.

Section 5. There shall be two timekeepers, one of whom shall be official and shall operate the stopwatch during playing time. The other shall have charge of time-outs. The timekeeper shall–

a. Keep account of playing time and time-outs.
b. Signify by means of a horn the termination of each playing period.

RULE 3. PLAYERS AND SUBSTITUTES

Section 1. An official team shall be composed of 11 players: Five forwards (left wing, left inner, center, right inner, and right wing), three halfbacks (left, center, and right), two fullbacks (left and right), and one goalkeeper.

Section 2. A captain shall be designated for each team. The captain, or someone appointed to act as captain, must be on the playing field at all times.

Section 3. Substitutes. Substitutes may be put into the game for players who for any reason have been taken out. A player who has been taken out of the game for any reason other than disqualification may be allowed to reenter the game any number of times. A player is not to be considered out of the game if no substitute is put in her place. Before going into the game, the

substitute shall report to the scorer. When the ball is not in play, the scorer shall sound her horn. The umpire shall call time-out and recognize the player, and the substitute shall then take her place on the field. If this procedure takes more than 30 seconds, time-out shall be charged to the team making the substitution. If a team substitutes more than one player at a time, the team is allowed a maximum of 30 seconds for making the substitutions. If both teams make substitutions at the same time, each team shall be allowed a maximum of 30 seconds.

RULE 4. DEFINITIONS OF SOCCER TERMS

Attacking team. Team which has possession of the ball.

Blocking. Intercepting the progress of the ball with some part of the body. It is legal to block with the arms and hands if they are in total contact with the body.

Carrying. An infringement of the rules by the goalkeeper when she takes more than two steps while holding the ball.

Defending team. The team which is attempting to gain possession of the ball while at the same time defending their own goal.

Direct free kick. A free kick from which a goal may be scored directly.

Double foul. A double foul is an infringement of the rules committed simultaneously by a member of each team for which a roll-in is awarded.

Dribbling. A succession of forward kicks in which the player keeps the ball under control.

Drop-kick. A ball which is dropped to the ground and is kicked just as it rebounds from the ground. Only the goalkeeper within her own penalty area is permitted to drop-kick.

Handling. Contacting the ball with the hand or any part of the arm when the hands and arms are not in complete contact with the body.

Holding. Impeding the progress of a player by placing the hand or extended arm in contact with the player.

Indirect free kick. A free kick from which a goal may not be scored directly.

Offside. A player is in an offside position if she is nearer her opponents' goal line than the ball at the moment when the ball is played by one of her own team unless (1) she is in her own half of the field; or (2) there are at least three of her opponents nearer their own goal line than she is.

Own goal. The goal the team is defending.

Own half of field. The half of the field in which their own goal is located.

Passing. Advancing the ball from one player to another by means of a kick.

Place kick. A kick made while the ball is stationary on the ground.

Punt. A ball which is dropped and is kicked before it strikes the ground. Only the goalkeeper within her own penalty area is permitted to punt the ball.

Throw-in. Manner of putting the ball in play after it has gone wholly over the side line.

Trapping. Stopping the progress of the ball by securing it under the foot, between both feet, or between the front of the leg or legs and the ground.

Unnecessary roughness. Any act which might cause injury to an opponent. This includes dangerous kicking in an attempt to gain possession of the ball or kicking a ball directly into a player standing at close range without regard for the player's safety.

Volley. Meeting a ball, while it is traveling in the air, with some part of the body and directing it toward a teammate. A volley may be made with some part of the body such as the head, shoulder, hip, leg, knee, or foot. It is legal to volley with the upper arm if it is in total contact with the body.

RULE 5. SCORING AND TIMING

Section 1. Scoring

Field goal	2 points
Penalty goal	1 point
Defaulted game	2-0
Tie game	score stands

a. Field goal

(1) A field goal shall be scored when the ball has been kicked or legally given impetus with the body so that it passes wholly between the goal posts and under the crossbar. A field goal may be scored from any spot within the field by any player who is not offside. If such a ball is last touched by a defensive player, a goal shall be scored for the attackers.

(2) A field goal may be scored directly from a roll-in, a corner kick, or a free kick awarded for tripping, kicking, striking, jumping at, holding, or pushing an opponent, handling the ball, or unnecessary roughness.

SAMPLE SOCCER SCORESHEET

TEAMS Socketts vs Dauntless

Kick off 1 2 3 4

PLAYERS	1st Half FG	1st Half PG	2nd Half FG	2nd Half PG	N O.	Position	N O.	PLAYERS	1st Half FG	1st Half PG	2nd Half FG	2nd Half PG
mary White					32	RW	18	Beverly Boundy				
Joan Yeoman	2				40	RI	14	Nancy Holmes				
Sylvia Meriman				1	28	CF	11	Eunice Keeton	2			
Carolyn Kelly					16	LI	29	marcella Sowers	2		2	
Rachel Green					10	LW	36	Cleo Tanner				
marilyn Carter					17	RH	45	Pat Holle				
Janice Owens					19	CH	12	Judy Lawrence				
Jean De Motte					20	LH	9	Lois Strayer				
Jane Beals					42	RF	15	mary Johnson				
mary Ann Glenn					48	LF	21	Wanda Cooper				
					52	G	33					
Time out	1	2						Time out	1	2		

WON BY Dauntless DATE

SCORE 6-3 PLACE Lowell High School

Scoring score	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34

(3) A field goal may not be scored directly from a kick-off, a defense kick, or from free kicks awarded for improperly taken kicks, offside, or any infringement of goalkeeper's privileges by the goalkeeper.
(4) When a field goal may not be scored directly from a kick but a player nevertheless shoots for goal, the goal, if made, shall not count even though a defense player touches ball on its way to the goal.

b. Penalty goal

A penalty goal shall be scored when the ball passes wholly between the goal posts and under the crossbar, having been kicked directly from the penalty kick mark by the player taking the penalty kick. Such a kick, deflected into the goal by a defender, shall score one point for the attackers.

c. Defaulted game

Failure of a team to appear for a scheduled game, failure to have eleven players to start play, or failure to have at least nine players to continue play constitutes a defaulted game. When the defaulting team has the lower score, the game score shall stand.

Section 2. Timing

a. Length of game

The game shall consist of four quarters of eight minutes each, with a two-minute rest interval between the first and second quarters and third and fourth quarters, and a ten-minute interval between halves.
(1) The periods may be shortened by mutual consent of the captains. The umpire must be notified.
(2) If a penalty kick is awarded and the whistle sounds for quarter, halftime, or game, extra time shall be allowed to permit the penalty kick to be taken.
(3) The final horn of the timekeeper shall indicate the end of playing time.

b. Time-out
(1) Time-out may be taken only when the ball is not in play, or at any time in case of injury.
(2) Time-out may be taken only when ordered by the umpire.
(3) Time-out may be requested by any player on the field.
(4) Two time-outs of two minutes each shall be allowed each team during a game.
(5) Time-out shall be called by the umpire and shall not be charged to the team in case of injury, disqualification, legal substitution (maximum 30 seconds), or any other unavoidable suspension of play.
(6) Play is resumed, after time-out is taken, in the following manner:

(a) If the ball is out of bounds when time-out is called, it shall be put in play from out of bounds.
(b) If time-out is requested just after a foul is called, play shall be resumed by putting into effect the penalty for the foul.
(c) If time-out is called after a goal has been scored, play shall be resumed by a kick-off.
(d) In case time-out is called unavoidably when the ball is in play, play shall be resumed by a roll-in at the spot where the ball was when time-out was called.

RULE 6. THE GAME

Section 1. Preliminaries

a. The captains shall furnish scorers with the names and positions of their players before the game.
b. Captains shall indicate the goalkeeper to the umpire before starting play and when making any change in goalkeeper. The umpire shall make it known to the captain of the opposing team when any change is to be made in the goalkeeper.
c. The winner of the toss shall have the choice either of deciding which team shall kick-off or selecting the goal which her team is to defend. At the beginning of each quarter, the kick-off shall be taken by the team which did not kick off at the beginning of the previous quarter.
d. Goals shall be changed at halftime.
e. Captains may agree to shorten the playing time, and if so, notify the umpire of their decision.

Section 2. Kick-off

a. The game shall be commenced by a place kick from the center of the field in the direction of the opponents' goal. The ball must be kicked into the opponents' territory at least the distance of its own circumference. The player who kicked the ball may not touch it again until it has been touched by another player. No opponent shall cross the restraining line, and no teammate of the one making the kick shall cross the halfway line until the ball has been kicked. No player may be closer than five yards.
b. After a goal is scored, the team scored against shall take the kick-off.

Penalty – For any infringement on the kick-off, an indirect free kick shall be awarded at the spot where the foul occurred.

Section 3. Player's Privileges

a. A player may dribble, volley, block, trap, or pass the ball. In blocking the ball at chest height, a player should fold her arms

across her chest as a means of protection. If this is done, a foul shall not be called if the arms are not raised from this position to meet the ball. (heading and shouldering are types of volleying.)

b. A player in possession of the ball may place herself between her opponent and the ball.
c. A player may kick the ball while it is trapped by an opponent, provided she does not commit a foul.
d. A player may play the ball without waiting for the umpire's whistle except in the case of the kick-off, penalty kick, and roll-in.
e. A player may run forward any number of steps preliminary to taking a free kick, penalty kick, corner kick, defense kick, kick-off, and throw-in.

Section 4. Offside

A player is in an offside position if she is nearer her opponent's goal line than the ball at the moment when the ball is played by one of her own team unless: (1) she is in her own half of the field; or (2) there are at least three of her opponents nearer their own goal line than she is.

A player should not be penalized for being offside unless she is playing the ball, interfering with another player, or gaining some advantage from standing in an offside position.

A player once offside can be put onside only in the following ways: (1) If she is behind the ball when it is next played by one of her own team; or (2) if she repositions herself so that there are three opponents between her and her opponents' goal. A player may not be put onside by the action of the defense.

The ball hitting the goal post, crossbar, or umpire and rebounding does not put a player onside.

Penalty – For offside, an indirect free kick shall be awarded the opponents at the spot where the foul occurred.

Section 5. Goalkeeper's Privileges

A goalkeeper within her own penalty area may handle the ball. She may –

a. Pick the ball up.
b. Bounce the ball once.
c. Punt the ball.
d. Drop-kick the ball.
e. Throw the ball.
f. Combine a bounce with a punt, or a drop kick, or a throw.
g. Take two steps with the ball in her hands preceding a punt, a drop kick, or a throw. The privilege is denied if the punt, drop kick, or throw is combined with a bounce.

A goalkeeper may not–

a. Delay the game by holding the ball longer than three seconds.
b. Carry the ball. Carrying is called when the goalkeeper takes more than two steps while holding the ball.
c. Bounce the ball more than once.
d. Take two steps with the ball if she combines a bounce with a punt, drop kick, or throw.

Penalty–An indirect free kick is awarded for an infringement of any rule governing goalkeeper's privileges at the spot where the infringement occurred.

RULE 7. OUT-OF-BOUNDS

Section 1. Throw-in

When the ball passes wholly over the side, a player of the opposite team to that which played it out shall use a throw-in to send it into the field in any direction from the point on the side line where it left the field of play. The player throwing the ball must stand outside the field of play and must throw the ball into the field of play with any type of one-hand or two-hand throw. The ball shall be considered in play as soon as it has been thrown. The thrower shall not play the ball again until it has been played by another player. All players must be five yards away until the ball has been thrown. If the umpire considers that an opponent is standing closer than five yards to delay the game, she shall allow the game to continue unless the opponents gain an advantage, in which case the throw-in shall be repeated.

A goal may *not* be scored directly from a throw-in.

Penalties–A throw-in shall be awarded the opponents at the spot where the infringement occurred when–

a. *The thrower contacts the ball a second time before it is played by another player.*
b. *A teammate of the thrower delays the game by standing closer than five yards.*

Section 2. Defense kick

When the ball is sent over the crossbar, or over the goal line outside the goal posts, by a player of the attacking team, it shall be kicked in by a place kick by any player of the defending team at a point anywhere on the quarter circles marking the penalty area. The ball shall be kicked forward at least the distance of its circumference. The defense kick is over when the ball has been kicked. The player taking the kick shall not play the ball again until it has been played by another player. No player shall be allowed within five yards of the ball until it has been kicked. If the umpire

considers that an opponent is standing closer than five yards to delay the game, she shall allow the play to continue.

If an opponent is standing closer than five yards to the persons taking the defense kick and gains an advantage thereby, the defense kick shall be taken over.

A goal may *not* be scored directly from a defense kick.

Penalties–An indirect free kick shall be awarded the opponents at the spot where the infringement occurred when–

a. *The kicker fails to kick the ball at least the distance of its circumference.*
b. *The kicker contacts the ball a second time before it is played by another player.*
c. *A teammate of the kicker delays the game by standing closer than five yards.*

Section 3. Corner kick

The ball is sent over the crossbar, or over the goal line outside the goal posts, by any player of the defending team. It shall be kicked in by a place kick taken by a player of the attacking team from a spot on the goal line five yards from the nearer corner.

The halfbacks, fullbacks, and goalkeeper of the defending team must stand on or behind the goal line until the ball is kicked. The attacking forwards may be anywhere in the field of play until the ball is kicked; however, no player shall stand closer than five yards until the ball is kicked. If the umpire considers that an opponent is standing closer than five yards to delay the game, she shall allow the play to continue. If an opponent is standing nearer than five yards when the ball is kicked and gains an advantage thereby, the kick shall be taken over. The ball must be kicked at least the distance of its circumference. The player taking the corner kick shall not play the ball again until it has been played by another player. The corner kick is over when the ball has been kicked. If a defender moves past the goal line into the field of play before the ball is kicked and thereby gains an advantage, the kick shall be taken over again.

A goal *may* be scored directly from this corner kick.

Penalties–An indirect free kick shall be awarded the opponents at the spot where the infringement occurred when–

a. *The kicker fails to kick the ball at least the distance of its circumference.*
b. *The kicker contacts the ball a second time before it is played by another player.*
c. *A teammate of the kicker delays the game by standing closer than five yards.*

Section 4. Roll-in

When the ball is sent wholly over the sideline or goal line outside the goal post by two opponents, the umpire shall put the ball in play by a roll-in five yards in from the side line or goal line directly opposite the point where the ball left the field of play. If cause for a roll-in occurs within five yards of the goal, the roll-in shall be taken five yards from the goal.

RULE 8. FREE KICK

Section 1. A direct free kick is awarded for the following fouls:

a. Those committed by either team outside the penalty area.
b. Those committed by the attacking team inside the penalty area.
c. Those which result in disqualification of a player or players.

Section 2. An indirect free kick is awarded for the following infringements:

a. An improperly taken free kick, corner kick, kick-off, penalty kick, defense kick, or roll-in.
b. An infringement of the rule governing the goalkeeper's privileges.
c. Offside.

Section 3. When the free kick has been awarded, a place kick is taken at the spot where the foul or infringement occurred by any player of the team awarded the free kick. The ball must be motionless when the free kick is taken and must roll at least the distance of its circumference before it may be played by another player. The kick may be taken in any direction. The kicker shall not play the ball again until it has been played by another player. No player shall stand closer than five yards from the ball until it has been kicked, with the following exception: If the free kick is awarded the attackers within five yards of the goal, the goalkeeper may stand on the goal line.

If an opponent is standing closer than five yards to the player taking the free kick and gains an advantage thereby, the free kick shall be taken over. The umpire shall refrain from awarding a free kick if it is to the advantage of the offended team to allow play to continue.

Penalties–An indirect free kick shall be awarded the opponents at the spot where the foul or infringement occurred when–

a. *The kicker taking a free kick fails to kick the ball at least the distance of its circumference.*
b. *The kicker contacts the ball a second time before it is played by another player.*
c. *A teammate of the kicker delays the game by standing closer than five yards.*

RULE 9. PENALTY KICK

Section 1. A penalty kick is awarded–

a. For fouls committed by a player of the defending team within the penalty area.
b. For a team taking more than two time-outs.
c. For failure to notify the umpire when the goalkeeper is changed and the new goalkeeper handles the ball in the penalty area.
d. For illegal substitution by a player or a coach's abuse of the privilege of substitution.

A penalty kick is awarded for the following fouls committed by a player of the defending side within the penalty area:

(1) Tripping an opponent
(2) Kicking an opponent
(3) Striking an opponent
(4) Jumping at an opponent
(5) Holding an opponent
(6) Pushing an opponent
(7) Handling the ball
(8) Unnecessary roughness

Section 2. When a penalty kick is awarded, a place kick shall be taken from the penalty kick mark 12 yards from the goal. The ball must be kicked by an attacking player. The player taking the penalty kick must kick it forward and attempt to send it between the goal posts. All players, with the exception of the player taking the penalty kick and the defending goalkeeper, must be outside the penalty area and in the field of play. The defending goalkeeper may stand on the goal line but must not advance beyond it until the ball has been kicked.

If the defending team crosses into the penalty area before the ball has been kicked and an advantage is gained, the penalty kick shall be taken again.

Penalties–An indirect free kick shall be awarded the opponents at the spot where the infringement occurred when–

a. *The kicker fails to kick the ball forward at least the distance of its circumference.*
b. *A member of the attacking team crosses into the penalty area before the ball has been kicked and takes advantage on the follow-up play directly after an unsuccesful penalty kick by playing the ball or interfering with the play.*

Section 3. A player must wait for the umpire's whistle before taking the penalty kick. The ball shall be in play when the kick is taken. Only the goalkeeper may defend the goal. As soon as the ball is kicked, the goalkeeper may rush into the penalty area. The ball shall not be played again by the kicker until it has been played by another player.

Penalty–An indirect free kick shall be awarded the opponents at the spot where the infringement occurred.

Section 4. A penalty goal shall be scored when the whole ball passes between the goal posts and under the crossbar directly from the kick of the player taking the penalty kick, or it is deflected between the goal posts by a defender.

Section 5. The penalty kick shall be considered over when the goal has been made or missed directly from the kick. A penalty kick which passes over the crossbar, or over the goal line outside the goal posts, shall be played as an out-of-bounds ball. After a missed penalty kick, a legally executed follow-up kick which passes between the goal posts and under the crossbar shall score a two-point field goal.

Section 6. If a penalty kick has been awarded and the whistle sounds for quarter, halftime, or game, extra time shall be allowed to permit the penalty kick to be taken.

Section 7. Instructions to umpires

a. Although a penalty kick may be deserved, the umpire is empowered not to enforce it if to do so would benefit the offenders. If the goalkeeper advances before the ball has been kicked and the goal is not made, the umpire shall order the kick to be taken again. If a penalty kick is awarded and scores, the umpire must ignore any infringement by the defenders and let the goal stand.
b. If an attacker who crossed into the penalty area before the ball was kicked makes or assists in making a field goal on the follow-up play directly after an unsuccessful penalty kick, the goal shall not count and the defenders shall be awarded a free kick.
c. The umpire shall not blow the whistle for the kick to be taken until all players are in their proper positions.

RULE 10. ROLL-IN

Section 1. The roll-in is taken–

a. As a penalty for infringements or fouls committed simultaneously by members of each team.
b. When putting the ball into play after it is sent wholly over the sideline or goal line outside the goal posts by two opponents.
c. When putting the ball into play after a temporary suspension of the game, called when the ball was in play, in which case any two opponents may take the roll-in.

Section 2. Description of roll-in

a. The umpire shall stand five yards from the point where the ball was declared dead. The two opponents who were responsible shall

stand five yards apart facing their opponents' goal. The umpire shall roll the ball between the two opponents and blow her whistle as the ball leaves her hand. The two players may move to play the ball as soon as the whistle is blown. All other players must be five yards away until the ball has been kicked. If the rolled ball goes out of bounds before it is kicked by a player, the roll-in shall be repeated.

Penalty–An indirect free kick shall be awarded at the spot where the infringement occurred.

b. When the ball is sent out of bounds by two opponents, the umpire shall put the ball in play by a roll-in between the two who were responsible five yards from the point where the ball left the field of play.
c. When a roll-in occurs within five yards of the goal, the roll-in shall be taken five yards from the goal.

A goal *may* be scored directly from a roll-in.

RULE 11. FOULS AND PENALTIES

Section 1. A player shall not trip, kick, strike, hold, push, or jump at an opponent, use unnecessary roughness, or handle the ball.

Penalties inside the penalty area–

1. *For any foul by the attacking team, a direct free kick shall be awarded the defending team at the spot where the foul occurred.*
2. *For any foul by the defending team, a penalty kick shall be awarded the attacking team from the penalty kick mark.*
3. *For any foul committed simultaneously by both teams, a roll-in shall be taken at the spot where the double foul occurred unless it occurred within five yards of the goal, and then it is taken five yards from the goal.*

Penalties outside the penalty area–

1. *For any foul by either team, the penalty shall be a direct free kick awarded the opposing team at the spot where the foul occurred.*
2. *For any foul committed simultaneously by both teams, a roll-in shall be taken at the spot where the double foul occurred.*

Section 2. Disqualification–The umpire may suspend any player or players from the game for unsportsmanlike conduct or unnecessary roughness. A player or players so disqualified may not reenter the game.

Penalties –

a. *A direct free kick shall be awarded the opponents at the spot if the foul occurs outside the penalty area.*

b. *A direct free kick shall be awarded the opponents at the spot if the foul is made by the attacking team inside the penalty area.*

c. *A penalty kick shall be awarded the opponents if the foul is made by the defensive team within their own penalty area.*

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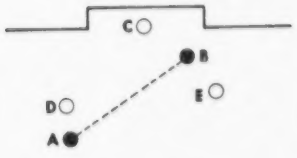
DIAGRAMS ILLUSTRATING OFFSIDE RULE

● PLAYERS ATTACKING THE GOAL
○ PLAYERS DEFENDING THE GOAL

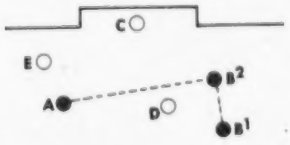
NO. 1 OFFSIDE



PASS TO TEAMMATE

A has run the ball up and, having D in front, passes to B. B is offside because there are not three opponents between her and the goal line when the ball is passed by A. If B waits for E to get in front of her before she shoots, this will not alter her position in relation to A at the moment the ball was passed by A.

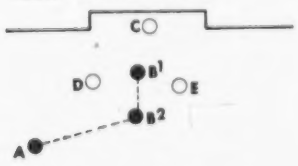
NO. 2 NOT OFFSIDE



PASS TO TEAMMATE

A has run the ball up and, having E in front, passes across the field. B runs from position 1 to position 2. B is not offside because at the moment the ball was passed by A she was behind the ball and had three opponents between her and the goal line.

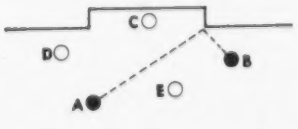
NO. 3 OFFSIDE



RUNNING BACK FOR BALL

A centers the ball; B runs back from position 1 to position 2, and then dribbles between D and E and scores. B is offside because she has not three opponents between her and the goal line at the moment the ball was played by A.

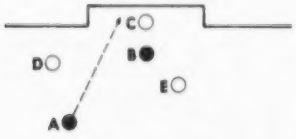
NO. 4 OFFSIDE



BALL REBOUNDING FROM GOAL POSTS

A shoots for goal and the ball rebounds from the goal post into play. B secures the ball and scores. B is offside because the ball is last played by A, her teammate, and when A played it, B did not have three opponents between her and the goal line and she is in front of A.

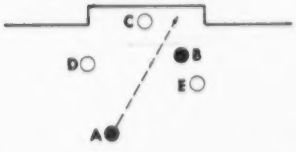
NO. 5 OFFSIDE



OBSTRUCTING THE GOALKEEPER

A shoots for goal and scores. B obstructs C so that she cannot get at the ball. The goal must be disallowed since B is in an offside position and may not touch the ball nor in any way whatever interfere with an opponent.

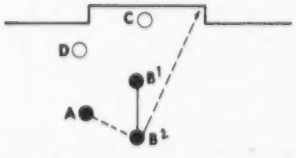
NO. 6 OFFSIDE



OBSTRUCTING AN OPPONENT

A shoots for goal. B prevents E running in to intercept the ball. B is offside because she is in front of A and does not have three opponents between her and the goal line when A plays the ball. When in this position, B may not touch the ball or in any way interfere with an opponent.

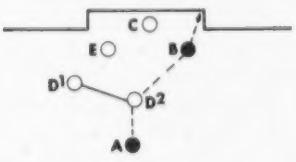
NO. 7 NOT OFFSIDE



GETTING INTO ONSIDE POSITION

When A receives the ball, B is offside at position 1 because there are not three opponents between her and the goal line. B runs back from position 1 to position 2, receives a pass from A and scores. B put herself from an offside position to an onside position by being behind the ball when it is next played by one of her own team. A player not ahead of the ball when it is last played cannot be offside.

NO. 8 OFFSIDE



BALL TOUCHING AN OPPONENT

A shoots at goal. D runs from position 1 to position 2 to intercept the ball but it glances off her foot to B who scores. The goal is disallowed since B was in an offside position. B did not have three opponents between her and the goal line when the ball was played by A and she cannot be put onside by action of the defense.

Soccer Questions and Answers

FLO GREBNER
University of Illinois
Champaign, Illinois

KATHRYN YANDELL
Texas Lutheran College
Sequin, Texas

Rule 1

1. May the goalkeeper be required to wear a pinnie of a distinguishing color?

Answer. No. However, if both teams agree, the rules do not prohibit this mutual decision (Sec. 3).

2. Must players wear shin guards for leg protection?

Answer: No. It is merely advisable that guards be worn for protection (Sec. 3).

Rule 2

1. If a member of the blue team handles the ball, either deliberately or accidentally, and the ball is then played by the red team, should the umpire call handling the ball or hold the whistle, since the offended team has gained possession of the ball?

Answer. The umpire should hold the whistle and should refrain from enforcing penalties which would benefit the offenders (Sec. 3g).

2. For what length of time shall the umpire hold her whistle while deciding whether or not an infringement should be called?

Answer: The length of time is left to the discretion of the umpire (Sec. 3g).

3. If a team makes an illegal substitution and the opponents score a goal prior to the awareness of the substitution by the official, does the goal count?

Answer. Yes, because to enforce the rule would give an advantage to the offending team (Sec. 3g).

Rule 3

1. If a team at any time appears with 12 players on the playing field, what is the decision?

Answer. Penalty kick.

Rule 4

1. May a player kick the ball out of the hands of a goalkeeper?

Answer. Yes, unless the official detects bodily contact or unnecessary roughness. Merely holding the ball in one's hands does not make it safe from an opponent.

Rule 5

1. If through injury a team is reduced to 9 players, must that team forfeit the game?

Answer. No, a team must start with 11 players and may continue with as few as 9 or 10 (Sec. 1c).

2. An attacking player kicks for goal. Just after the ball has left her foot and before the ball has crossed the goal line between the goal posts, the timekeeper's horn is blown. Does the goal count?

Answer. No. The timekeeper's horn shall indicate the end of playing.

Rule 6

1. When a goalkeeper has the ball in her hands and is attempting to initiate a play, may an attacking player attempt to guard her (as in basketball) to prevent her from kicking?

Answer. Yes. The attacking player may stand as close to the goalkeeper as she wishes but must avoid personal contact. If, in the opinion of the umpire, the goalkeeper attempts to kick while closely guarded she may be called for dangerous kicking.

2. May a player be put back on-side by the action of an opponent?

Answer. No. the offside player must attempt to reposition herself to attain an on-side position. If simultaneous to this action the opponent moves, thus resulting in an on-side position, the infringement shall not be called, unless her team gained an advantage (in the judgment of the umpire) while being offside (Sec. 4).

3. May a player who is offside correct her error by running over the endline, off the playing field?

Answer. Yes. Since a team may play short and if the team gained no advantage during the time of offsides, the play continues (Sec. 4).

4. A player makes a goal, but her teammate was standing in an offside position when the shot for goal was made. Does the goal count?

Answer. Yes, provided the player making the goal was onside and the umpire decided the teammate standing in an offside position had not gained some advantage by being in that position (Sec. 4).

5. Player A shoots and the ball rebounds from the goal post into the field of play. Player B, who was standing in an offside position when Player A shot for goal, secures the ball and scores. Does the goal count?

Answer. No. The ball hitting the goal post, crossbar, or an opponent and rebounding does not put a player onside (Sec. 4).

6. Is it legal for a goalkeeper who is standing within the penalty area to reach outside of the area and pick up the ball which is on the ground in the field of play?

Answer. Yes, a goalkeeper within her own penalty area may handle the ball. If she steps outside the penalty area, this privilege is denied (Sec. 5).

7. While a goalkeeper is executing a bounce, how many steps may she take?

Answer. There is no limit while the hands are free of the ball.

Rule 7

1. While keeping the ball in bounds, a player plays the ball while standing out of bounds. Can the ball be played legally from this position?

Answer. Yes, it is the position of the ball rather than the player's position which determines whether the ball can be played legally (Sec. 1).

Rule 8

1. Are fouls and infringements differentiated with respect to penalties?

Answer. Yes. Fouls are penalized by direct free kicks (Sec. 1) or penalty kicks (Rule 9). Infringements are penalized by indirect free kicks (Sec. 2).

2. Is a direct free kick awarded for infringements of the goalkeeper's privileges?

Answer. No. An indirect free kick is awarded for an infringement of the rule governing the goalkeeper's privileges (Sec. 2b).

3. Are all indirect free kicks awarded at the point of the infringement?

Answer. Yes. The free kick is taken at the spot where the infringement occurred (Sec. 3).

Rule 9

1. If the penalty kick is unsuccessful, may the forwards rush in and attempt to score a field goal?

Answer. Yes. If the penalty kick is missed, a legally executed follow-up kick which passes between the goal posts and under the crossbar shall score a two-point field goal (Sec. 5).

2. If the defense fouls *as* a goal is being attempted, does the goal, if made, count?

Answer. Yes. The umpire must ignore infringements by the defenders and let the goal stand (Sec. 7, also Rule 2, Sec. 3g).

3. During the penalty kick, is there any specific line-up for the attacking and defending teams?

Answer. No. All players with the exception of the player taking the penalty kick and the defending goalkeeper, must be outside the penalty area and in the field of play (Sec. 2).

Rule 10

1. Should the umpire blow her whistle on the roll-in?

Answer. Yes. The umpire shall blow her whistle as the ball leaves her hand (Sec. 2a).

2. May a player taking the roll-in play the ball again before it is played by another player?

Answer. Yes. Either player taking the roll-in may play the ball again before it is touched by another player. (Not prohibited in Sec. 2).

3. May a goal be scored directly from a roll-in?

Answer. Yes. A goal may be scored directly from a roll-in (Sec. 2c).

Rule 11

1. How many fouls disqualify a player?

Answer. There is no set number of fouls which will disqualify a player, but the umpire may suspend any player or players from the game for unnecessary roughness or unsportsmanlike conduct (Sec. 2).

2. When may a goal be scored directly from a free kick?

Answer. A goal may be scored directly from a free kick awarded for tripping, pushing, kicking, holding, striking, or jumping at an opponent, unnecessary roughness, handling the ball, or any disqualfying foul (Sec. 1).

3. If an opponent deliberately moves into the path of the goalkeeper and is kicked, should a foul be called?

Answer. Yes. The player who moved in should be penalized for unnecessary roughness (Sec. 1).

Questions on interpretations of rules must include a stamped, self-addressed envelope and should be addressed to Keturah W. Cox, Queens College, Flushing, N.Y. 11367. Please include the number of the rule and the section to which your inquiry refers.

SOCCER RULES DIGEST

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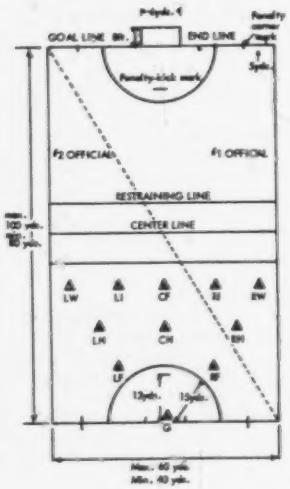
Field Markings, Dimensions, Players (Rules 1, 3)



Officials (Rule 2)
- 2 Umpires
- 2 Timekeepers
- 2 Scorers

Players, Substitutes (Rule 3)
1. Player may enter game any number of times unless disqualified.
2. Player must report to scorer and be recognized to enter.
3. Substitutions shall enter when ball is dead and scorer sounds horn.
4. Maximum of 30 seconds for making substitution.
5. A captain shall be on field at all times.

Scoring (Rule 5)
- Field goal—2 points
- Penalty goal—1 point
- Defaulted game—2-0
- Tie game—Score stands

Timing (Rule 5)
- 4 quarters, 8 min. each;
- 10 min. between halves;
- 2 min. between quarters.

Time-out (Rule 5)
- 2 time-outs per game per team
- Maximum team time—2 min.
- Maximum official time—30 sec.
- Team time taken when ball not in play; called by any player on field.
- Umpire shall order time-out.

Game (Rule 6)
1. Choice of deciding which team shall kick-off or selection of goal awarded winner of toss. Loser has remaining choice.
2. Kick-off shall alternate starting each quarter.
3. After a goal the team scored against shall kick off.
4. Opposing captains may agree to shorten playing time.
5. Goalkeeper and any change of same shall be indicated.
6. Once the line-up has been established, changes can be made by consulting scorer and umpire.

RULE	SITUATION	OFFICIALS DECISION	GOAL MAY OR MAY NOT BE SCORED	REGULATIONS	REGULATIONS NOT FULFILLED
3	Failure to appear	Default game			
	Fewer than 11 players available to play.	Default game			
	Minimum of 9 players to finish game.	Legal			
	Disqualified player re-enters game.	Penalty kick	May be	Place kick at marking.	Repeat
				Ball kicked forward, attempting to score.	Free kick
				Defending players except goalie are outside penalty area, in field of play.	Repeat
				Defending goalkeeper must stand on end line until kick.	Repeat
				Attacking players outside penalty area in field of play.	Free kick
				Kick made after whistle.	Repeat
				Only goalkeeper defends goal.	Repeat
				Kicker plays ball only after another.	Free kick
	Substitute fails to report to scorer and umpire.	Penalty kick (See Rule 3.)	May be		
	Player uses more than 30 seconds to substitute.	Team time-out is charged			
5	Goal scored by any team member who is on-side.	Legal	May not be	Taken anywhere on circle.	Repeat

	Attempted goal goes in goal directly on kick-off, defense kick, off-side, kick-in, free kick for improperly taken kick, infringement of goalie privileges.	Defense kick		Ball kicked forward distance of circumference.	Free kick
				Kicker plays ball only after another.	Free kick
				Opponents five yards away.	Repeat or continue
				Teammates five yards away.	Free kick
	Goal scored from anywhere on field.	Legal			
	Opponent last touched a legal goal.	Legal			
	Goal attempted directly on corner kick, roll-in or free kick for tripping, kicking, striking, jumping at, holding, or pushing an opponent, or handling ball.	Legal			
	Team fails to appear.	Default game			
	Team takes more than 2 time-outs per game.	Penalty kick (See Rule 3.)	May be		
6	Players and positions not submitted before game or changes thereafter.	Penalty kick (See Rule 3.)	May be		
	Start each quarter and after each goal.	Kick-off	May not be	Ball kicked forward distance of circumference.	Free kick
				Kicker plays ball only after another.	Free kick
				Opponents behind restraining line until kick, five yards away.	Repeat or continue

RULE	SITUATION	OFFICIALS DECISION	GOAL MAY OR MAY NOT BE SCORED	REGULATIONS	REGULATIONS NOT FULFILLED
				Teammates behind center line until kick, five yards away.	Free kick
	Player dribbles, volleys, blocks, traps, or passes.	Legal			
	Player "holds" opponent.	Free kick	May be	Place kick on spot by any player.	Repeat
				Ball kicked distance of circumference, any direction.	Free kick
				Kicker may again play ball after another.	Free kick
				Opponents five yards away, except goalie when necessary.	Repeat or continue
				Teammates five yards away.	Free kick
	Player gets between opponent and ball.	Legal			
	Player (not goalie) handles ball, punts, or drop-kicks.	Free kick (See Rule 6.)	May be		
	Player is off-side.	Free kick (See Rule 6.)	May not be		
	Goalie handles ball, bounces once, punts, drop-kicks, throws, or combines bounce with any one.	Legal			

Goalie takes more than two steps with ball.	Free kick (See Rule 6.)	May not be		
Goalie takes one or two steps with ball prior to combination.	Free kick (See Rule 6.)	May not be		
Goalie bounces two times.	Free kick (See Rule 6.)	May not be		
Goalie holds ball longer than three seconds.	Free kick (See Rule 6.)	May not be		
Out of bounds over side line.	Throw-in	May not be	Thrower stands outside field, on spot.	Throw-in
			Thrower plays ball only after another.	Throw-in
			Opponents five yards away.	Repeat or continue
			Teammates five yards away.	Throw-in
Out of bounds over end line by attack, outside goal.	Defense kick (See Rule 5.)	May not be		
Out of bounds over end line by attack, in goal.	Defense kick (See Rule 5.)	May not be		
Out of bounds over end line by defense, outside or inside goal.	Corner kick	May be		
			Place kick on goal line, five yards from near corner.	Repeat
			Defending halfs, fulls, and goalie behind end line.	Repeat
			Opponents five yards away.	Repeat
			Teammates five yards away.	Free kick

RULE	SITUATION	OFFICIALS DECISION	GOAL MAY OR MAY NOT BE SCORED	REGULATIONS	REGULATIONS NOT FULFILLED
				Attacking forwards anywhere on field.	Free kick
				Ball kicked distance on circumference.	Free kick
				Kicker plays ball only after another.	Free kick
	Out of bounds over side line off two opponents.	Roll-in	May be	Kickers five yards apart and two and a half yards from spot.	Repeat
				Ball playable after whistle.	Repeat
				All players five yards away.	Repeat
8	Foul outside penalty area.	Free kick (See Rule 6.)	May be		
	Foul by attacking team inside penalty area.	Free kick (See Rule 6.)	May be		
	Disqualifying foul.	Free kick (See Rule 11.)	May be		
	Improperly taken free kicks, corner kick, kick-off, kick-in, penalty kick, defense kick, or roll-in.	Free kick (See Rule 6.)	May not be		
	Abuse of goalie privileges.	Free kick (See Rule 6.)	May not be		
	Offside.	Free kick	May not be		

9	Foul by defense in penalty area.	Penalty kick (See Rule 3.)	May be
	Abuse of or illegal substitution.	Penalty kick (See Rule 3.)	May be
	On a penalty kick, ball goes over end line off offense; not a goal.	Defense kick (See Rule 5.)	May not be
	On a penalty kick, ball goes over end line off defense; not a goal.	Corner kick (See Rule 7.)	May be
	Following a penalty kick a teammate of the kicker rushes to score.	Legal	
10	Opponents commit fouls simultaneously.	Roll-in (See Rule 7.)	May be
	Time-out by official and ball was free.	Roll-in (See Rule 7.)	May be
11	Player trips, kicks, strikes, holds, pushes, uses unnecessary roughness, or handles ball:		
	by offense.	Free kick (See Rule 6.)	May be
	by defense in penalty area.	Penalty kick (See Rule 3.)	May be
	by defense outside penalty area.	Free kick (See Rule 6.)	May be

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[1]Current Guide Material prepared by the 1970-72 Committee; material for 1974-76 Guide to be prepared by 1972-1974 Committee.

EDITORIAL COMMENT

During the past four years the speedball rules have been carefully reviewed by *Guide* committees. A meeting of the 1970-1972 Speedball Guide Committee held in Detroit, Michigan on April 3, 1971 lead to experimentation with two major rules changes during the autumn of 1971. The changes considered were:

1. Rule 14, c. *new.* "An offensive player within her own penalty area: an indirect free kick." It is thought that this addition will make Rule 14 consistent with Rule 7, Sec. 4 and also Rule 12.
2. Rules 11 and 14. Considered changes that would allow a team to choose a free kick *or* a free throw when fouled by an opponent outside her own penalty area. The thought was that the team could choose the method of playing the ball that would be best strategically in a specific game situation. The official's responsibility would also be reduced.

The Committee would like to thank the 25 people from various parts of the country who took part in the experimentation. The resulting committee decisions are:

1. The first change will be implemented in the 1972-1974 Speedball Rules.
2. The second change will require further experimentation by the next Speedball Guide Committee before implementation.

The following other changes have been made in order to clarify the rules and to make them more consistent:

1. Rule 1, Sec. 2,d. now states that the goal posts are considered in bounds.
2. Rule 4, Sec. 2, e. is definition of free kick.
3. Rule 4, Sec. 2, f. is definition of indirect free kick.
4. Rule 4, Sec. 3, c. has been restated to clarify the administration of a free throw.
5. Rule 8, Sec. 1. has been changed to correspond with Soccer rules.
6. Rule 10, in the sixth paragraph (not between the goal posts) has been omitted.
7. Rule 11, to clarify procedures for taking free kick and free throw.
8. Rule 13, Sec. 2, c. (2) has been omitted.
9. Rule 14, Sec 1, b. refers to a foul by a *defensive* player.

The Questions and Answers section revised by Kay Brechtelsbauer should also serve to clarify rules which have been most often misinterpreted.

Suggestions for rules changes for the next *Guide* should be sent to: Barbara Lundy, Montrose Senior High School, Montrose, Michigan 48457.

Sarah J. Erbaugh
Speedball Chairman

Speedball in the Elementary Grades

PATRICIA TANNER

Patricia Turner is associate professor of physical education at the University of South Florida, Tampa, where she teaches elementary physical education and supervises student teaching at the elementary level. She is a graduate of Dartford College, England, Ohio Wesleyan University, Wittenberg, and Ohio State University, Columbus. She also has been a member of Ohio DGWS Executive Board, 1966-69.

The wide variety of skills that contribute to speedball makes this game very suitable as one of the culminating experiences for elementary school children. This matter of being one of the culminating experiences is very important in terms of planning the curriculum. If children are to gain satisfaction in playing speedball, it is essential that the teacher provide them with experiences that will develop good body management and control, offer a wide variety of manipulative skills, and foster those aspects of social development so crucial to cooperation, teamwork, and acceptance of rules. Thus it can be seen that speedball, in the accepted traditional form, is appropriate for fifth and sixth graders who have acquired the essential skills in the earlier grades. The attainment of these skills will enable most of the children to experience success in speedball.

Early Grade Activities

Which activities of the early grades can contribute directly to successful participation in speedball? With regard to good body management and control, running, leaping, starting, stopping, twisting, and turning play an essential role. Experience in changing directions rapidly together with turns, twists, and pivots and developing skill in dodging must be combined with some understanding of the application of space, time, and force concepts. Much time should be spent developing children's perceptions of space since awareness of space and spatial relationships is essential to future functioning in situations demanding teamwork and strategy, however simple. If confidence in general movement is to be gained, experience in how to fall without hurting oneself is essential. Losing and regaining balance in many different ways and situations is a vital aspect of motor behavior and easily learned when one is small, flexible, and does not have far to fall. Children are less likely to inhibit action and speed when they know how to fall safely, should they momentarily lose control. With the present focus on movement education at the elementary level and the provision of infinite possibilities for movement experiences, it should be expected that

the young child will become very aware of his movement potential, gaining much confidence in and control of his body.

Besides developing confidence in his ability to control his own movement, the child should also learn how to control other objects in his environment. Increasing his manipulative skill in eye-hand and eye-foot coordination is essential to future successful participation in speedball, as in most other sports and games. From the earliest possible opportunity children should be encouraged to kick, trap, block, roll, lift, field, throw, catch, bounce, dribble, strike, and volley a ball.

The mature forms of these skills in terms of specific technique should not be imposed upon children in the early stages of skill development. Through much exploration, problem-solving techniques, and increasingly difficult challenges developed in environmental situations, children should progress from immature movement patterns to more mature forms with the teacher's guidance. Readiness plays an important part in the development of motor skills. Asking for too much too soon can create a lack of confidence and negative feelings which are hardly conducive to later success. The application of space, time, and force concepts to the manipulative skills and an understanding of their interrelationships are essential in these early experiences. Only through understanding and application of these concepts and understanding of the basic principles governing movement can real control be developed in manipulative skills.

The gradual utilization of these skills in games is essential to the development of partner, group, and team cooperation, and is important in preparation for more complex games. These small games not only enhance the child's skill development but also contribute to his social development. This is demonstrated extremely well in Joan Tillotson's article "Progressive Designs for Elementary Soccer Skills" (*1966-68 Soccer-Speedball Guide*). These basic designs can be adapted to introduce many of the manipulative skills used in speedball, and it is easy to see how each new progression takes the children one step further in terms of cooperation, teamwork, and responsibility.

Summary

Thus, children can be prepared for speedball in the elementary grades through: (1) development of good body management and control; (2) acquisition of essential manipulative skills; (3) understanding of space, time, and force concepts and basic principles governing movement; and (4) acceptance of social development crucial to cooperation, teamwork, and acceptance of rules. If this preparation is well planned and implemented, successful participation should be assured; satisfaction and enjoyment then will follow.

A Movement Approach to Speedball

MARILYN A. HERMANN

Marilyn Hermann is currently completing her undergraduate degree at State University of New York College at Cortland, Cortland, New York. She has taught in a variety of school and recreational settings.

Movement education at the elementary level provides infinite possibilities for movement experiences, including those related to speedball. After the children have developed a sense of spacial awareness and body control through various problems involving time, force, and space, these same problems can be explored with a ball to increase the difficulty of the problems and to introduce a wide variety of skills used in speedball.

Relationships, preferences, limits, concepts, and variations can all be discovered through solving a series of problems. When developing these problems, move from the general to the specific, constantly refining the problems and thus increasing their difficulty. Work with the children individually, then with partners, then in small groups of three or four. Eventually move to "keep-away" games of one on one, two on two, and gradually increase the size of the teams until regulation teams are reached. By adding additional team members, the space in which each child may move is decreased and the difficulty of the problem is increased. For example, a problem-solving approach can be used to help children learn the fundamentals of ball handling: throwing, catching, bouncing, kicking, etc. As the children work on these skills, they use the principles of movement they have thus far experienced except that a new element is added (a ball) which complicates the problem to be solved.

Spacial awareness and body control play an important part in this phase of learning. Since all movement occurs in space, the relationship of the individual to space as he moves through it is important to understand. The child must learn to be aware of his own body as well as other bodies as he travels through space. When children have learned to handle themselves well in space and in relation to others, a simple safety skill has been mastered that should prove invaluable in daily work and play activities.

Spacial awareness and body control can be explored and developed in the following manner:

Personal Space

A personal space is the space immediate to the body. It contains all the possible movements and extensions of the body from a fixed base. From this base the body may twist, turn, bend, stretch, curl, etc. or move into the air above the space.

A good personal space is a space or area in which a child has enough room to move all body parts freely without collision. The area is limited by the body's reach. The child usually maintains contact with the floor with at least one body part and remains relatively stationary in the space; the child does not move out of his space. Following are some guidelines in the form of questions a teacher might ask her students:

Can you find an empty space on the floor and put all of your front parts on that spot? Can you reach up and touch the top of your space; the sides; the bottom? What shape is your space? How small can you be in that space? What do you do to make yourself small? (bend body parts) How large can you be? How do you make yourself large? (stretch body parts)

Find another empty space and put three parts on it. How low can you go in that space? Can you be low and large?

Can you move to another empty space and put one large part on it? How high can you reach? How far can you stretch your arms, legs, and head into the space around you?

What can we call this space of yours? (personal space)

Can we move to another space? another space? another space?

Can you keep moving to all of the empty spaces?

Can you move to all of the spaces without "bumping" into the walls, floor, or anyone else?

What do we call it when a person bumps into something or someone? (a collision)

Do we want to have collisions? (No, they are dangerous and people can be hurt.)

Common Space

The common space is an area larger than and including the personal space to the limit of the area being used. It is the general space or area shared by all and in which all can travel. Each child retains his own personal space as he moves through the common space but is free to move anywhere within the common space provided he doesn't collide with the walls, floor, or other children. Here are some guidelines:

Run anywhere in the gymnasium without bumping into anyone or anything. Stop quickly and stand quitely when you hear "freeze," "stop," or a drum beat. Use all the space.

Can you move another way? a slow way? a high way? a low way?
Can you travel in a different direction?
Can you travel in a different pathway?
Can you move on different body parts? small parts? large parts? two parts? three parts? three different parts?
Can you let your back parts lead you through the common space? side parts? front parts?
What is the common space? (It is the space we all share and in which we travel)

Observe (1) awareness as the children move through the common space to avoid collisions and (2) the control of the body and objects as the movements occur. The various elements can be presented and explored individually or in combination in this manner. Emphasis should be placed on spacial awareness and body control. The children should be encouraged to look for and to run into spaces and to avoid collisions.

The following guideline illustrates possible problems to solve in speedball in terms of specific skills:

Dribbling

Get a ball, find your own personal space, and discover a way to use the ball.
Can you find a different way to use the ball?
Can you take the ball in and out of all the empty spaces?
Can you move the ball through the common space a different way?
What other ways can you move the ball through the common space?
Try using large body parts and small parts.
Can you use only your feet to move the ball through the common space?
Can you move the ball in a straight path? curved path? zigzag path?
Do you have control of the ball as you move it? Discussion of control: What is control? What do you do to have control of the ball?

A vital part of movement education is verbalization. The children explore and discover, but more importantly, they learn to observe, analyze, discuss, and try. Through verbalization in class discussion they develop an understanding of relationships, preferences, limits, concepts, and variations.

How many different parts of the foot can you use to move the ball? Try using small parts of the foot and large parts (bottom, top, side, heel, toe, instep, ball).

Use only one foot to move the ball; give the other foot a chance. Use both feet to move the ball.
Can you alternate your feet as you move the ball?
How slowly can you move the ball? How fast? Do you still have control of the ball?
Can you move the ball through the common space at a medium speed?
What do we call this way of moving the ball with feet? (dribble)

Passing, Kicking, Blocking and Trapping

Get a partner and a ball and find a good personal space.
How many different ways can you and your partner move the ball between you? (high, low, fast, slow)
How many different body parts can you find to move the ball?
How many different ways can you and your partner move the ball between you without using arms or hands? with using just the hands? just the feet?
Bounce the ball and move it to your partner using different body parts.
How many different body parts can you find to stop the ball?
Can you stop the ball using your legs? thighs? feet? knees? chest? head?
What do we call this way of stopping the ball? (blocking)
Can you stop the ball using just your feet, legs, and knees?
How many different ways can you use these parts to stop the ball?
Can you use these parts to stop the ball and still put your weight over the ball?
Do you know what we call this way of stopping the ball? (trapping)

Generally, in any given class at least one child will respond to a problem in terms of the specific skill you wish to teach. You must observe the children and decide which child will serve as a good model. By calling on the child to share his solution with his classmates, each child has an opportunity to observe the skill and try it. Through "show and tell and try," the entire class can be exposed to the new skill without actually being taught the skill. The teacher simply asks the class to "try Nancy's way." This allows for individual differences within the class.

Throwing, Catching, Bouncing, Fielding, and Goal Keeping

Get a ball, find a good personal space, and find some ways to move the ball with your hands.

How many different ways can you move the ball with your hands? with one hand? with the other hand? with both hands?
What parts of the hand can you use to move the ball?
Can you find a way to use the floor while you move the ball?
Can you find a way to use the floor while you move the ball with your hands? (bounce and catch)
Can you use the space above you while you move the ball with your hands? (toss and catch)
Can you use the wall while you move the ball with your hands? (throw and catch)
How high can you bounce the ball into the air and still catch it before it lands?
How high can you toss the ball into the air and still catch it before it lands?
How hard can you throw the ball against the wall and still catch it before it lands? (fielding and goalkeeping)
Can you jump into the air and catch the ball before it lands?
Do you have control of the ball?

Volleying, Heading, Blocking, and Trapping

Get a partner, get a ball, find a good space, and find some different ways to tap the ball to your partner.
How many different parts can you find to tap the ball?
Try tapping the ball with your head, chest, legs, knees, thighs, feet.
Do you have control of the ball? Is the ball going directly to your partner? What can you change to make the ball go directly to your partner?
How many different body parts can you use to stop the ball?
Bounce the ball and tap it to your partner using different body parts.
Can you stop the ball using your legs? feet? thighs? knees? chest? head?
Can you stop the ball using just your feet, legs, and knees?
How many different ways can you use these parts to stop the ball?
Can you stop the ball using these parts and put your weight over the ball?

Conversion

Get a ball, find a good personal space, and put the ball on the ground.
Can you pick up the ball without using your hands?

What other parts can you use to pick up the ball? Try using large parts and small parts.
Can you use only your feet to pick up the ball?
While sitting on the floor, can you toss the ball with your feet?
Can you toss the ball into the air with your feet and catch it with your hands? Can you catch the ball before it lands?
While standing, try to toss the ball into the air. Can you do this without using your hands?
Can you toss the ball into the air with one foot? the other foot?
Can you lift the ball into the air with your feet and catch it with your hands?
Can you lift the ball into the air with one foot and still catch it? Try it with the other foot. with both feet.
With a partner, can you transfer the ball from your feet to your partner's hands?
Can you find another way to get the ball from your feet to your partner's hands?
Can you use one foot to get the ball from the ground to your partner's hands? Try with the other foot. With both feet.
Do you know what we call this way of moving the ball into your partner's hands? (conversion)

Similarly, other speedball techniques can be taught by discovery through problem-solving. This approach allows each child to be successful within his own capabilities, thus eliminating the frustrations of failure. Once the teacher determines which speedball skills are to be taught, she designs problems relevant to the particular skill or technique. The teacher strives to develop in children an understanding of *what* they are doing and *how* they are doing it. With this approach, the children gain an understanding of *where* and *how* they can move and in *what* ways they can use their bodies.

Modified Games for Speedball

LINDA M. OCHS

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Modified games provide the opportunity for students to use individual and team skills and strategies in simulated game situations. These games provide for controlled practice as well as incentive for continued skill development. The games described below were chosen because of their adaptability for indoor or outdoor use and their similarity to the actual game situation.

Alley Ball – Lane Ball

Skills: Elementary position play, beginning skills.

Use inexperienced players or small groups with 10 players per team and no goalkeeper. Field or floor space is 25 by 60 yards divided lengthwise into five lanes; smaller teams use fewer lanes.

The game begins with toss-up at the center of a field. Each player must remain in her own lane. One point is scored if the ball is kicked over the end line; two points are scored if the ball is passed over the end line. After a score is made, play starts with a toss-up.

Seven-Player Speedball

Purpose: For small groups or to provide more play on small amount of space.

Field is 60 by 35 yards—three fields may be laid on one full-sized regulation field. Each team has three forwards, three backs, and one goalie. Field markings, rules, and play are the same as for a regulation game.

Aerial Speedball

Skills: Passing, catching, kickups, elementary position play

Use regulation teams and field. The ball may only be thrown and caught in advancing it forward. If the ball touches the ground, the player touching it last is allowed an unguarded lift to herself or to a

teammate who is beside or behind her. If her first attempt is missed, her opponents are allowed a similar attempt. Score only by touchdowns.

Bonus Point Games

Purpose: To encourage the use of any specified skill

One or more additional points are awarded when (1) any designated tactic is used successfully; (2) the ball is played to a certain position or player; (3) a combination of skills or strategies is used – for example, each lift-up to a teammate, eack kickup to self, each cross-field punt, each attempted drop kick at goal, each time a team can combine a punt, pass, or drop kick in that order. All speedball rules apply.

Half-field Speedball

Purpose: To allow team scrimmage and coaching of forward line or backfield play on a small scale

The forward line starts the play with a pass and attempts to advance the ball and clear it across the center line. All speedball rules apply. One to three extra players may be used as halfbacks who back-up the forward line to discourage forwards from tackling back too far.

Basket Speedball

Skills: Elementary position play
Playing area: Indoor or outdoor basketball court, marked according to diagram
Equipment: Soccer ball slightly deflated is better for indoor use

Two teams, numbered off in sixes, are lined up in front of the goal line which is the end of the basketball court. Numbers 1,2,and 3 line up at center line taking positions of left wing, center forward, and right wing. Numbers 4, 5, and 6 are midway to the goal line in the positions of left fullback, center halfback, and right fullback. The center halfback is slightly nearer the center line and behind the center forward. Players remaining at the goal line are goalkeepers.

The game starts with the center forwards each having a foot on the ball, which has been placed in the middle of the dividing line of the court. Each forward then tries to draw the ball backward to her own center half who, receiving it, sends it on and forward to either of the wings, who, with the center forward, have progressed in the meanwhile into the opponent's territory. The ball is then played

either as in soccer or, when it becomes an aerial ball, as in basketball. The ball may be played as in basketball whenever it is raised into the air directly from the foot or when it is caught by a player and thrown. The instant the ball touches the floor it becomes a soccer game and must be so played until it is again raised by the foot. Goalkeepers may block a ground ball or catch a fly ball and either kick it in or throw it in to one of their backfield players.

One point is scored for a basket (may substitute passing ball behind the end line) or a ball kicked through lines. (A new team of six enters field after each score.) Fouls are the same as for girls soccer and basketball, though simplified by no out-of-bounds ruling. Penalty is either a free kick on the spot where foul occurred (soccer) or free unguarded throw (basketball). No score may be made directly from an awarded ball; one pass must be completed before goal can be scored. The drop kick and punt may be eliminated if the area has a low clearance.

No ball that has just bounced, no matter how high, may be caught unless it has been touched by a player's foot. Emphasis is placed on coaching backs to cover and guard the opposing forwards especially when the ball is being played as basketball. Rules should be kept simple.

End-Pin Speedball

Skills: Elementary position play
Playing area: Basketball court or rectangular area 60 to 90 feet by 45 feet with center line dividing into two courts
Equipment: 12 to 16 Indian clubs; soccer ball

Sixteen to 24 players are divided into two teams, each arranged in a forward line, center line, and backs. The players are in front of the goal line. Six to eight Indian clubs are placed along each goal line. Each player or position is numbered and after a team scores, its players rotate, giving each player an opportunity to play in different areas of court.

Two halves of 11 to 15 minutes each, with 10 minutes between halves, provide adequate playing time. Teams change courts at halftime. The team that wins the toss of a coin selects its court and starts the game from the forward line with a kick by a center player. Points can be scored directly from the kickoff if the opponent's club is knocked down.

The players of one team attempt to score by knocking down the Indian clubs of the other team with a soccer ball. Speedball skills are used when playing the ball. Clubs may be knocked down by kicking the ball if it is a ground ball, or using the feet to convert a ground ball to an aerial ball and trying to score by a throw. The ball must be

trapped with the feet if a player wants to stop a ground ball. Players may pass the ball to teammates, using either ground passes or aerial passes to gain an advantageous position.

Passing should be encouraged because it develops passing skills and teamwork. No player may take steps before kicking or throwing the ball. Players must stay in their approximate playing positions while the ball is in play (e.g., forward line players must stay in the forward line). Unless a foul is called, the ball keeps going back and forth from one team to the other without interruption. After a point has been scored, the team which did not score puts the ball in play by a kickoff from a player in the forward line position. An out-of-bounds ball is put in play by the team which did not send it out; the player nearest the spot where the ball went out handles it.

One point is scored each time a team succeeds in knocking down one of their opponents' clubs. The team having the most points at the end of the second half wins the game. Tie games can be played off by an added period of play.

Fouls are called for the following: using the hands to stop a ball if a ground ball; taking steps before kicking or throwing the ball; and kicking a ball which goes higher than the waist. The penalty for a foul is a free kick or pass by one of the players in the forward line.

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Selected Speedball Skills Test

JO ANN HARRISON

Jo Ann Harrison received her B.S. degree from Lambuth College, Jackson, Tennessee. She had a graduate assistantship at Memphis State University, Memphis, Tennessee and is presently teaching at Southwest Baptist College in Bolivar, Missouri.

After teaching several units in speedball, the author was faced with a problem many of us face when we try to evaluate a unit. What kind of test should be used? After searching several measurement books and finding a very limited number of skills tests, the following four-item test was devised. It was designed to give a comprehensive skill evaluation for high school and college girls in a beginning unit of speedball. However, with some modification, it could be used for both sexes and at different age groups.

Definition of Terms

Dribbling. Advancing a ground ball by means of a series of kicks with the top, inside, outside, or heel of the foot.

Two-Foot-Kickup. Converting a ground ball to an aerial ball by placing the ball firmly between the inside of the feet and ankles. The player jumps into the air, lifting the ball upward. The ball must be caught before it touches the ground.

One-Foot Kickup. Converting a ground ball into an aerial ball by placing the foot on a rolling ball and flipping it into the air with the foot and catching it before it touches the ground.

Drop Kick. Method of scoring. The ball is dropped to the ground and kicked on the rebound. The drop kick is started outside the penalty area and must travel over and between the uprights.

Test Description

Item I. Dribbling and Two-Foot Kickup

Purpose. To measure the dribbling ability with a degree of accuracy and to measure the ability to complete a two-foot kickup from a dribble when pressed for time.

Facilities and equipment. One speedball, three straight chairs, a stopwatch, and a field marked as indicated in Figure 1.

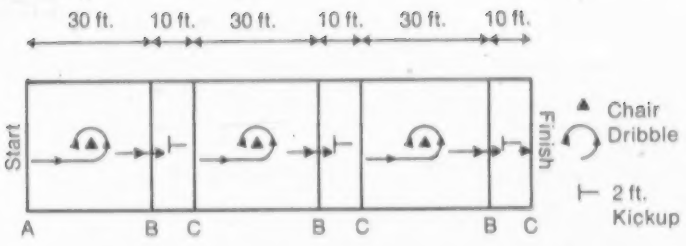

Figure 1.

Procedure. The ball is stationary on the starting line. The student must dribble the ball around chair 1 and continue dribbling until she gets within the area of B to C. Anywhere within this 10-foot area, she completes a two-foot kickup to self. After gaining possession of the ball, with no more than one step, the ball is placed back on the ground within the area B to C and the process is repeated for the total of three cycles. After the last kickup, the ball is placed on the ground and dribbled past the finish line. Time is recorded to the nearest tenth of a second.

Scoring. Measurement is recorded by time to the nearest tenth of a second. Two trials are given and the best trial is recorded.

Testing Personnel. Starter-recorder and timer.

Item II. One-Foot-Kickup

Purpose. To measure the ability to convert a ground ball to an aerial ball when pressed for time.

Facilities and equipment. One soccer ball, a stopwatch, and an unobstructed flat wall as marked in Figure 2.

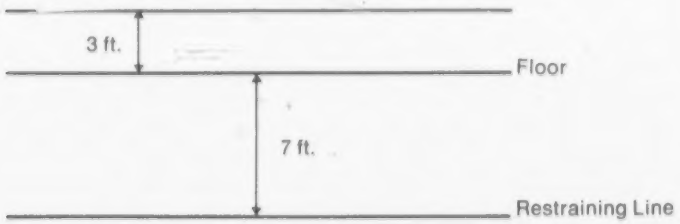

Figure 2.

Procedure. Students kick the ball under the area marked on the wall. The ball must rebound past the restraining line on the floor where the student does a one-foot kickup to self and places the ball on the floor behind the restraining line and repeats. Do as many kickups as possible within 30 seconds.

Scoring. The completed one-foot kickups to self are counted. Two 30-second trials are given with the best score being recorded.

Testing Personnel. Timer and counter-recorder.

Item III. Passing for Accuracy

Purpose. To measure the ability to pass the ball with a degree of accuracy.

Facilities and equipment. Two or three soccer balls, and a marked area on the ground as shown in Figure 3.

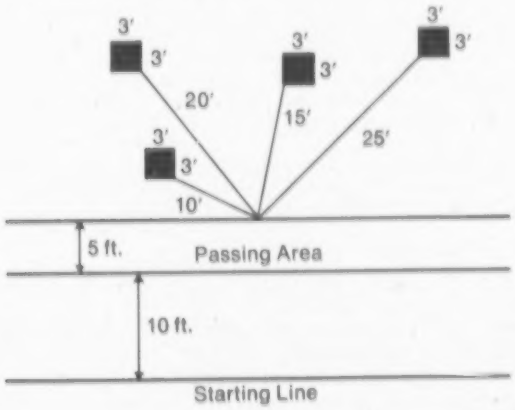

Figure 3.

Procedure. The student dribbles the ball from the starting line to the passing area. The ball is passed from anywhere within the passing area to the targets. In order to score, the ball must reach or pass through the targets; there cannot be a stop at the time of passing. Four trials per target are given.

Scoring. One point is scored for each ball that goes into or passes through the target area. The score is the total of all four trials at each target.

Testing Personnel. Scorer and ball returners.

Item IV. Drop Kick

Purpose. To measure the ability to complete the drop kick.

Facilities and equipment. Goalpost and one or two speedballs.

Procedure. Standing outside the penalty area, the student drops the ball to the ground and on the rebound attempts to kick the ball over the crossbar and within the uprights. Two sets of five attempts are given.

Scoring. Each successful attempt counts one point and the score is the total successful attempts in the 10 trials.

Testing Personnel. Scorer and ball returners.

Note: The author would appreciate receiving test results from anyone who uses them.

Speedball Suggestions

IDA M. STIELER

Ida M. Stieler is professor of physical education at the University of Evansville, Evansville, Indiana, where she teaches the theory of soccer and speedball to physical education majors. She received her M.S. degree from the University of Wisconsin, Madison, and completed work for a director of physical education at Indiana University, Bloomington.

After basic speedball skills have been practiced, it is important to use them in game-like situations. Most players want to be where the action is so they follow the ball and forget the importance of playing a position. A line down the center of the field (lengthwise), particularly at the beginning of the season, calls attention to position play. Most team positions are designated as either right or left; this line enables the players and instructor to check on the field positions for which players are responsible. Too many lines are confusing and are ignored; but the one line seems to do the trick.

The center forward and center halfback should pull over slightly to the side of the field on which the ball is being played; this gives them a chance to work into team play while progressing down the field. The inners can check the line so they do not cross over with the center forward.

Practices can be started with the forwards starting at the center line, working the ball toward the goal they are attacking and ending with a successful scoring method. While the forwards are busy, the other players can practice skills outside the field markings.

Later the halfbacks can be added to back up the forward lines and possibly assist or score a goal. If an interchange play is implied, with halfbacks particularly, such as the right halfback and left halfback crossing over the center line, the halfbacks should remain in these positions until a goal has been scored or a time-out occurs, then they should cross back to their original positions. At later practices, the fullbacks can be added for complete team plays.

Players who have played soccer first seem to forget about or avoid passes and drop kicks. I suggest that the instructor spend more time with players on these two scoring methods. Since touchdowns and drop kicks must be started outside the penalty areas, players should have many opportunities to practice long passes and drop kicks, before being rushed by defensive players, to build confidence. A ball can always be kicked through for a field goal if the pass or kick is not long enough or if the ball is dropped or knocked away. Offensive players should be coached to rush the ball to attempt a field goal when the pass or drop kick fails.

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Speedball Visual Aids

Revised by MARGARET DEAN
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Films

Speedball for Girls. 1948, 11 min., color. Distributor: Coronet Fil[illegible] 65 E. S. Water St., Chicago, Ill. 60601. Appropriate for junio[illegible] high school, senior high school or college. Explains positioning, rules, techniques of developing team cooperation, and some individual skill. This film is available only by special order. It has been removed from the market because of the outdated fashions of the players. The skills and techniques are still relevant. Refer to the list of Soccer Visual Aids for further help.

Teaching Aids

Magnetic Coaching Kits. Teaching Aids Service, Inc., Visual Education Center Building, Floral Park, N.J.

Speedball Technique Charts. AAHPER Sales, 1201 16th St., N.W., Washington, D.C. 20036. Sale $1.50. Revised.

Speed-A-Way

Speed-a-Way Film. Color, b&w. Distributor: Marjorie S. Larsen 1754 Middlefield, Stockton, Calif. 94204. Rental b&w—$3.25, color—$4.50; Sale b&w—$65, color—$115. Explains the game and skill techniques.

Speed-a-Way Guide Book. Distributor: Marjorie S. Larsen, 1754 Middlefield, Stockton, Calif. 95204. Sale $1.75.

Techniques of Officiating Speedball

This article was prepared and edited for the DGWS Soccer-Speedball-Flag Football Guide *by staff members of the department of physical education for women at the University of Nebraska, Lincoln.*

* Indicates change in rule or wording of rule.

I. GENERAL

A. Qualifications

1. An umpire should know the rules and techniques of the game thoroughly. She must be able to make decisions quickly and carry them out decisively.

B. Procedures

1. Know the exact date, time, and place of the game.
2. Notify the team at least 24 hours in advance if unable to appear. Secure a substitute, if requested.
3. Arrive at least 15 to 20 minutes before game time.
4. Wear a dark-colored skirt, white blouse, and/or jacket. Cleated or nonslip shoes are desirable.
5. Wear a whistle on a lanyard.
6. Have a current *DGWS Soccer-Speedball-Flag Football Guide* available.
7. See that an extra game ball is available at the scorers' table.

II. GAME PRELIMINARIES

A. With Other Umpire

1. Meet with the other umpire to decide which side of the field each one is to take. Each umpire shall stay on the same side throughout the entire game.
2. Confer with the other umpire to review division of the field. The field is divided diagonally (Figure 1). Each umpire is responsible for the sideline nearer her, and the goal line and play behind the goal line to her right. Exception: Each umpire shall take jump balls on her own side of the field as if the field were divided longitudinally (Figure 2).
3. Review arm signals with other umpire (pp. 101 and 102).
4. Discuss need for assistance in calling play when other umpire is blocked from viewing play in her area.

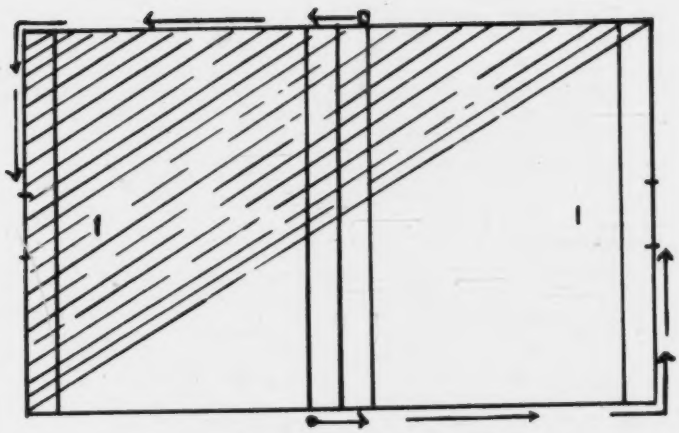

Figure 1. Game division of field for umpires.

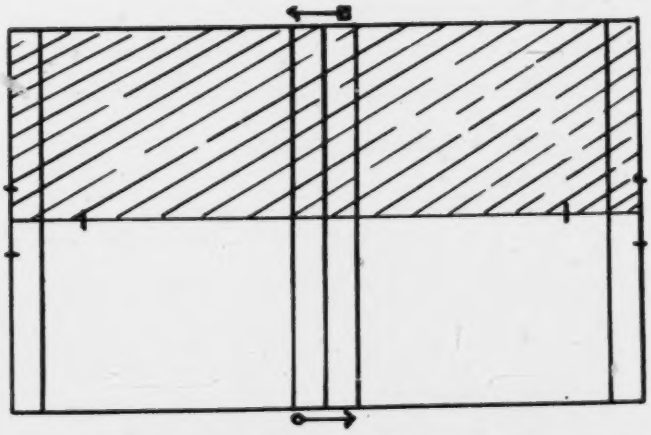

Figure 2. Jump ball division of field for umpires.

5. Ask other umpire to assist in determining whether or not field goal is good. Official on far side may move onto field when anticipating a field goal attempt to be at better angle for making decision.
6. The umpire on side nearer scorers' table shall recognize substitutes.
7. The umpire on side nearer scorers' table shall give time-in signal on center kickoff.

B. Field

1. Check the playing field and adjacent area for holes and other safety hazards.
2. Check the goalposts to see if they are official.
3. Check the field markings. If the markings are incorrect, have them corrected if possible.
4. The scorers' and timers' table should be far enough away from the sideline as not to interfere with play and the progress of the umpire along the sideline.

C. Players

1. Remind captains that names of players on teams should be in scorebook prior to game time.
2. Meet with captains. Introduce umpires and captains.
3. With captains discuss length of quarters and assist captains with decision of length.
4. Toss a coin. The captain winning the toss shall have the choice of taking the kickoff or selecting the goal her team is to defend. The other captain has the remaining choice.
5. Call all players together to
   a. Explain any local ground rules.
   b. Point out hazards which might exist on or near playing field.
   c. Ask if there are any questions. Suggest that questions which may arise during play may be asked between quarters.

D. Other Officials (Timers, Scorers, and Linesmen)

1. Review arm signals.
2. Timers
   a. Check with timers to see that they understand their duties.
   b. Ask the official timer to handle the game watch and to signal when time has expired in each quarter.
   c. The official timer shall follow the umpire during the last half minute of playing time so play is stopped immediately.
   d. Ask the other timer to check the playing time watch and take charge of time for time-outs.

3. Scorers
   a. Check with scorers to see that they understand their duties.
   b. Ask the official scorer to take charge of the scorebook and notify the nearer umpire immediately when a team has taken more than three time-outs or made an illegal substitution.
   c. Ask the other scorer to check scorebook throughout game.
4. Linesmen
   a. If linesmen are assisting, check to see that they understand their duties.

E. Use of Whistle

1. A short blast on the whistle shall indicate halt of play for a foul, tie ball, out-of-bounds, or for injury.
2. Use a longer whistle blast to designate a score and the end of a quarter.
3. If play does not stop on the first whistle, use several blasts.

F. Arm Signals

See illustrations on pages 101 and 102.[1]

III. GAME PROCEDURES

A. Putting the Ball in Play

1. General
   a. The umpire into whose half of the field the ball is to be kicked shall be near the restraining line ahead of the ball. This will enable her to be in line with the ball following the kickoff and at the same time to check that the defending team does not cross the restraining line before the ball is kicked.
   b. The umpire on the opposite side of the field shall watch the kicking team to see that they do not cross the halfway line before the ball is kicked. She should also check that the rules concerning the kickoff itself are observed.
2. Start of game and beginning of quarters
   a. The umpire shall see that the ball is in the proper place for the kickoff.
   b. The umpire on the side of the field of the scorers' table asks, "Captains ready? Scorers and timers ready?" When acknowledgement is received, she blows her whistle to signal that time is in and that the kickoff may be made.

[1] Photographs were prepared by University of New Hampshire, Durham.

Jump Ball

Line Violation

Penalty, Good 1 Point

Touchdown on Field Goal, 2 Points

Drop Kick, 3 Points

Throw-in or Free Throw

Traveling

No Score

Beckoning Substitute

3. Following a score
   a. The umpire in whose half of the field the score was made secures the ball and brings it back to the halfway line.
   b. The umpire on the side of the field of the scorers' table shall signal by whistle that the kickoff may be made.

***B. Fouls and Penalties**

Blow whistle and indicate foul. Extend arm in direction the free kick or free throw is to be taken.

1. Individual fouls
   a. Foul by player *outside* her own penalty area:
      (1) Award free kick or throw to opponents at spot where foul occurred and stand opposite spot at sideline.
      (2) See that all players are five yards away from player taking free kick or free throw.
      (3) For any breach of rules by players taking free kicks or throws, award ball to the opponent at spot where breach occurred.
      (4) For any breach of rules by opponents where they gain an advantage, retake the free kick or throw. If no advantage is gained, continue play.
   *b. Foul by defensive player within her own penalty area or behind own goal line:
      (1) Award penalty kick to the opponents behind the penalty kick mark. *Note:* If the player fouled against was in the act of catching a legal forward pass for touchdown and the foul prevented her from scoring a touchdown, a touchdown will be scored and one penalty kick awarded.
      (2) Kick may be taken by any player. It must be a drop kick and it may be taken after umpire blows the whistle.
      (3) If the ball goes between the uprights and over the crossbar, award one point to the team and signal to the scorekeepers. Continue play, with the team scored against kicking off with a center kick.
      (4) If no goal is scored, the ball is considered a free ball and may be played with the possibility of scoring.
      (5) If any kick other than a drop kick is executed, award a free kick to opponents on the penalty kick mark.
      (6) If the kicker plays the ball before it has been played by another player, award the opponents a free kick where the second kick occurred.
      (7) If any player moves closer than five yards to the kicker or a member of the attacking team enters the penalty

area before the kick, award a free kick to the opponents on the penalty kick mark.

(8) If the defending side encroaches upon the penalty area before the ball has been kicked, retake penalty kick.

(9) If the player taking the penalty kick permits the ball to bounce on or over penalty kick mark prior to kick, award a free kick to the opponents.

(10) If penalty kick has been awarded and the whistle sounds for quarter, halftime, or game, allow extra time to take penalty kick.

*c. Foul by offensive player within her own penalty area: an indirect free kick.

d. Foul by an attacking player behind opponents' goal line: Award free kick on the goal line opposite the place where the foul occurred.

2. Double fouls
   a. Award toss-up to the two offenders. Toss-up shall be taken on the spot where the foul occurred, although not closer than five yeard to the nearer end line or sideline.
   b. If double foul occurs behind goal line, toss-up shall be taken five yards into field of play opposite the spot where foul occurred.
3. Team fouls
   a. If team has more than three time-outs or more than 11 players on the field, award opponents penalty kick.
   b. If player does not report to scorer or umpire before entering game wait until game starts and then award penalty kick.
4. Disqualifying fouls
   a. Call foul and signal for time-out
   b. Remove player from game before penalty is taken
   c. Beckon substitute
   d. Award free kick or throw or penalty kick depending on where the foul is committed.
   *e. If player makes fifth personal contact foul, remove her from the game before penalty is taken.

C. Jump Ball

1. When a tie ball occurs in your area (Figure 1), blow whistle and give signal for jump ball. (Umpire should call fouls closely should they occur when a player attempts to tie a ball held by an opponent.) Move into field to spot where jump is to be taken (Figure 2).

2. Jump balls are to be taken on the spot where tie occurs, although not closer than five yards to the sideline or the goal line. Should a tie occur within five yards of out of bounds, the jump shall be taken directly opposite the spot but five yards in from the boundary.
3. Umpire tossing ball is responsible for violations by jumpers. Jumpers should remain on own side of imaginary circle; all other players must remain five yards away until ball has been tapped. Whistle should be held on violation to give jumpers an opportunity to tap ball. If offending team does not gain advantage, umpire should hold whistle.

D. Out-of-Bounds

1. A whistle is blown only when needed to stop play.
2. Umpire names team entitled to ball and indicates with arm in horizontal position the direction the throw is to be taken.
3. If out-of-bounds occurs on own side of field, stand at spot where throw-in is to be taken.
4. If out-of-bounds is to be taken on opposite side of field but in own area, remain on own sideline but directly across field from spot throw-in is to be taken.
5. If out-of-bounds occurs at goal line, see that ball is placed where it crossed goal line, although not closer than five yards to the nearer goalpost.
6. All players must be five yards away from player taking kick-in (goal line) or throw-in (goal line or sideline).
7. For any breach of rules by team putting in play, give ball to opponents out of bounds.
8. For any breach of rules by opponents of team putting ball in play, repeat play unless offenders gain no advantage.
9. For a ball put out of bounds by two opponents simultaneously, call jump ball five yards in from spot where ball went out of bounds.

E. Time-Out

1. Blow whistle, raise hand overhead, and call "Time-out."
2. Time-out should be called immediately for injury.
3. A team request for time-out (other than for injury) shall be called only when the ball is dead. Ball is dead when out of bounds either at sideline or goal line, following score, after a foul or tie ball.
4. Note where ball is when time-out is called.

F. Time-In

1. See that ball is at spot where it is to be put in play.

2. When put in play from out of bounds, raise arm overhead as ball is given to player. Drop arm sharply as ball touches player on field.
3. When game is restarted by jump ball, time-in shall be taken as ball is tapped.
4. When game is restarted at center line or with free kick or with penalty kick, say "Time-in with the whistle" and blow whistle.

G. End of Quarters and Halves

1. Recognize timer's whistle with own whistle and say "End of first quarter" (half, third quarter, game).
2. Secure game ball. Do not permit practice with it during intermission.
3. Umpire on side of field of scorers' table checks scorebook. Announce score if not otherwise visible.

H. End of Game

1. Recognize timer's whistle with own whistle.
2. Both umpires check scorebook.
3. Both umpires sign scorebook.

INTERPRETATIONS

Questions on interpretations of the rules must include a stamped, self-addressed envelope and should be addressed to Sarah Erbaugh, Memorial Gymnasium, Purdue University, Lafayette, Indiana. Please include the number of the rule and the section to which your inquiry refers.

OFFICIAL SPEEDBALL RULES FOR GIRLS AND WOMEN

A combination of soccer and basketball, with a few kicking elements of football (the punt and the drop kick), the game of speedball was originated by Elmer D. Mitchell, University of Michigan, Ann Arbor; it was revised for women by the National Speedball Committee with Dr. Mitchell's permission.

* Indicates change in rule or wording of rule.

THE GAME

Speedball is played by two teams of 11 players who line up in their respective halves of the field at the beginning of the game. The ball is put in play by a kickoff from the center. If the ball is raised into the air from a direct kick, it becomes an aerial ball and may be advanced by throwing, air dribbling, volleying, blocking, heading, or kicking. If the ball is rolling, bouncing, or stationary on the ground, it is a ground ball and may be advanced by kicking, dribbling, volleying, blocking, or heading. A score is made by a field goal, drop kick, penalty kick, or touchdown. The team having the larger score at the end of the playing time wins the game.

RULE 1. PLAYING FIELD

Section 1. The entire field shall be a rectangle 100 x 60 yards. For high school girls the entire field may be 80 x 40 yards. The longer boundary lines shall be the sidelines and the two shorter lines, the goal lines.

Note: If field space permits, provide an out-of-bounds touchdown scoring area that is 10 yards in depth, and the same width as the playing field.

Section 2. The entire field shall include the following areas and markings:

a. *Two five-yard lines.* Each five-yard line shall be drawn five yards from the goal line, and shall extend from sideline to sideline.

b. *Two penalty areas.* In front of each goal, parallel to the line and five yards from it, shall be drawn a line from sideline to sideline. The space enclosed by these lines (goal line, sidelines, five-yard line) shall be called the penalty area.

c. *Two penalty kick marks.* Directly opposite the center and 12 yards from each goal line shall be drawn a line two feet long. This line shall be called the penalty kick mark.

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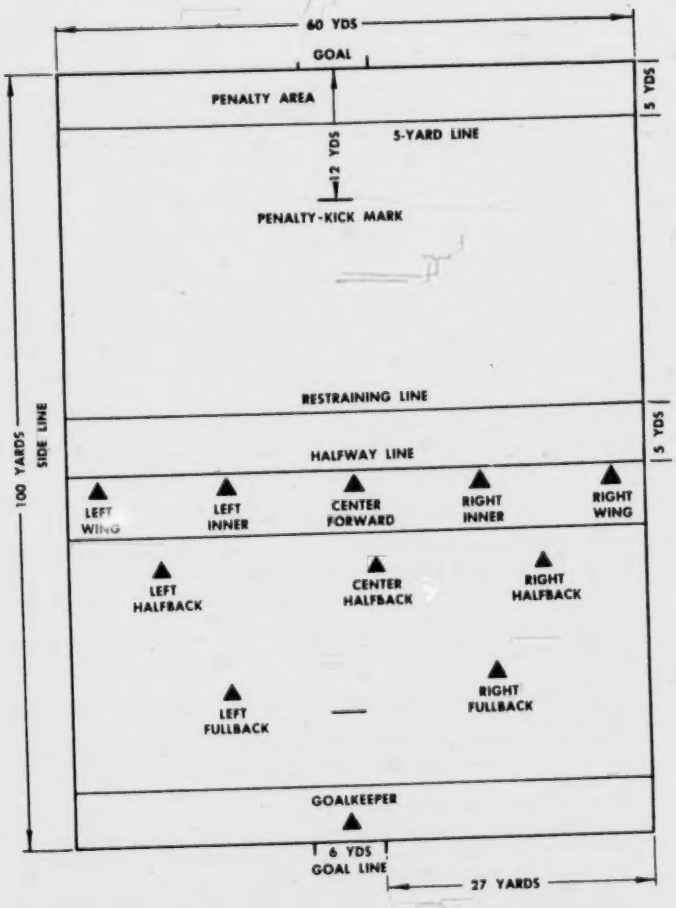


Speedball field and lineup for kickoff

*d. *Goalposts.* The goalposts shall be placed on the goal line an equal distance from the sidelines, and shall be six yards apart. The posts shall be 20 feet in height, with a bar across them 8 feet from the ground. Goalposts are in bounds.

e. *A halfway line.* The halfway line shall be drawn across the field connecting the middle points of the two sidelines. The center of the halfway line shall be indicated.

f. *The restraining lines.* A restraining line shall be be drawn from sideline to sideline five yards from and on each side of the halfway line, parallel with it.

RULE 2. PLAYERS AND EQUIPMENT

Section 1. An official team shall be composed of 11 players; that is, 5 forwards (center, right, and left inner, right and left wing), 3 halfbacks (center, right, and left), 2 fullbacks (right and left), and 1 goalkeeper.

Section 2. Each team shall have a costume of distinguishing color. High cloth shoes with a rubber or leather disk over the inner side of the ankle and extra tips or protection over the toes may be worn. Leather shoes protect the feet best and may be used, but metal plates or protecting heavy soles are not allowed. Light cloth shin guards may be worn for protection.

Section 3. A captain shall be designated for each team. The captain, or someone appointed to act as captain, must be on the playing field at all times.

Section 4. Substitutes. Substitutes may be put into the game for players who for any reason have been taken out. A player who has been taken out of the game for any reason other than disqualification may be allowed to reenter the game any number of times. Before going into the game, the substitute shall report to the scorer. When the ball is not in play, the scorer shall sound her horn. The umpire shall call time-out and recognize the player, and the substitute shall then take her place on the field. If this procedure takes more than 30 seconds, time-out shall be charged to the team making the substitution. If a team substitutes more than one player at a time, the team is allowed a maximum of 30 seconds for making the substitutions. If both teams make substitutions at the same time, each team shall be allowed a maximum of 30 seconds.

Penalty—If a substitute fails to report to the scorer or umpire before play begins, a penalty kick shall be awarded to the oponents.

If through injury or disqualification a team shall have less than nine players, that team shall forfeit the game.

Section 5. The ball shall be an official soccer ball.

RULE 3. OFFICIALS

Section 1. The officials for a match game shall be two umpires, two timekeepers, and two scorers. Two linesmen may assist.

Section 2. Each umpire has approximately one half of the field to cover for the entire game, without changing ends. The field is divided by an imaginary line drawn diagonally from corner to corner. Each umpire is responsible for the sideline nearer her, and the goal line and play behind the goal line to her right.

Note: Each umpire shall take jump balls on her own side of the field as if the field were divided longitudinally. It is the duty of the umpire to see that all free kicks and penalty kicks are taken properly.

A whistle is necessary at the beginning of each quarter and after each goal.

After a whistle signifies that the ball is out of play, no further whistle is necessary to put the ball in play, except in the case of the kickoff and penalty kick, or after a temporary suspension of the game.

Section 3. The umpire on side nearer scorers' table shall recognize substitutes and shall give the time-in signal on the center kickoff.

Section 4. The umpires shall refrain from putting into effect the provision of any rule in cases where they are satisfied that by enforcing it they would be giving an advantage to the offending team, except in cases of dangerous personal contact.

Section 5. Two linesmen shall assist if desired. They shall be stationed at opposite sides of the field to each other and shall give decisions as to the ball passing over their respective sidelines and goal lines, and as to where and by which team the ball is to be put in play.

Section 6. There shall be two scorekeepers. One of them shall be official and keep the book. The other scorer shall check the book. The scorers shall–

a. Record the names of the players and substitutes of each team and their positions.
b. Record all scores made by a team from field goals, drop kicks, touchdowns, or penalty kicks.
c. Record the number of time-outs taken by each team and notify the umpire in case of more than three.
d. Record the team taking the kickoff at quarters.

Section 7. There shall be two timekeepers. One of these shall be official and handle the stopwatch and signal throughout the game. The other timekeeper shall check on playing time and have charge of time-outs. The timekeepers shall–

a. Keep account of playing time.

b. Subtract time for time-out.
c. Signify by a whistle (preferably of different tone from that of other officials) the termination of each playing period.

RULE 4. DEFINITION OF SPEEDBALL TERMS

Section 1. General

a. *Own goal* is the goal a team is defending.
b. *Own half of field* is that half of the field in which own goal is situated.
c. *Attackers* are the members of the team in possession of the ball.
d. *Defenders* are members of the team which is attempting to gain possession of the ball.
e. *Aerial ball* is one that has been raised into the air directly from a kick by one or both feet and includes the punt, drop kick, and kickup, or a thrown ball which has not touched the ground (Rule 9, Sec. 1, Playing Privileges).
f. *Ground ball* is one that is rolling, bouncing, or stationary on the ground. Although it may be in the air, it is still a ground ball until it is played into the air from a direct kick (Rule 9, Sec. 2, Playing Privileges).
g. *Dead ball.* The ball is dead and may not be played upon except as indicated by the umpire when out of bounds (either at sidelines or goal lines), following a score, after a foul, during time-out, and on a tie ball.
h. *Kickup* is a means of converting a ground ball into an aerial ball, in which the player lets the ball roll up her foot or leg to her hand, or gives an upward impetus to the ball with either one or both feet. The ball may roll up the leg, providing it is in the air before it is caught, or the player may lift the ball from the ground with the foot.

Note: Before the ball is caught, either the foot must leave the ground or the ball must leave the foot or leg.

i. *Closely guarded.* The defensive player guards within three feet of the player with the ball.

Section 2. Advancing the ball by means of the feet

a. *Dribble* is a succession of kicks forward in which the player keeps the ball under control and advances it.
b. *Drop kick* is a play in which a caught ball is dropped to the ground and the player kicks it just as it bounces from the ground.
c. *Punt* is a play in which a player drops a caught ball and meets the descending ball with the foot before it touches the ground.

d. *Place kick* is a play in which the player, with or without preliminary steps, kicks a stationary ball. The ball may be lifted into the air or kept on the ground.

Note: A place kick in speedball is taken in the following plays: at the kickoff, for a free kick, and may be taken when the ball passes over goal line not between goalposts.

*e. *Free kick* is a place kick from which a goal may be scored directly. It is taken by any player on the team that has been fouled during play of a ground ball.

*f. *Indirect free kick* is a free kick from which a goal may not be scored directly.

Section 3. Advancing the ball by means of the hands

a. *Passing* is a movement of the ball in the air caused by a player throwing, batting, or handing the ball to another player.

b. An *air dribble* is a play in which a player, after giving impetus to the ball once by throwing or tapping it, touches it again before it has touched the ground or has been touched by another player.

*c. *Free throw* is a throw taken by any player on the team that has been fouled during the play of an aerial ball. The throw is taken from the spot where the foul occurred.

Section 4. Advancing the ball by means of the body

a. *Volley* is a play in which a player meets a ball which is traveling in the air, with some part of the body such as the head, hip, or shoulder.

Note: This does not convert a ground ball to an aerial ball.

Section 5. Means of stopping the ball

a. *Blocking the ball* is intercepting the progress of the ball with any part of the body. A ground ball may not be blocked with the arms or hands unless they are held in contact with the body.

b. *Trapping the ball* is stopping its flight by securing it under the foot, between both feet, or between the front of the legs and the ground.

Section 6. Fouls

a. A *foul* is an infringement of the rules of the game for which a free kick, free throw, or a penalty kick is awarded the opponents (Rule 13).

b. *Double foul* is an infringement of the rules committed simultaneously by a member of both teams for which a toss-up is awarded.

RULE 5. THE GAME

Section 1. The game shall consist of four quarters of 8 minutes each, with a 2-minute rest interval between the first and second and the

third and fourth quarters, and a 10-minute interval between the halves.

The periods may be shortened by mutual consent of the captains.

Extra time is permitted to allow for the playing of a penalty kick (Rule 7, Sec. 4).

Section 2. The winner of the toss shall have the choice of either deciding which team shall take the kickoff or selecting the goal which her team is to defend. At the beginning of each quarter thereafter, the kickoff shall be taken by the team which did not kick off at the beginning of the previous quarter.

Section 3. Goals shall be changed at halftime.

Section 4. The game shall be commenced by a place kick from the center of the field in the direction of the opponents' goal. On the kickoff the ball must travel the distance of its circumference or 27 inches from the kicker, either diagonally forward or straight forward of the center line, and may be lifted by the foot to a teammate. The player who kicked the ball may not touch it again until it has first been touched by another player. No opponent shall cross the restraining line and no teammate of the one making the kickoff shall cross the halfway line until the ball has been kicked.

Note: It is suggested that the official hold her whistle in order to determine if any advantage is gained by a breach of this rule. If no advantage is gained, it is recommended that play be allowed to continue.

Penalty—For any breach of this rule, a free kick shall be awarded to the opponents at the spot where the foul occurred.

Section 5. Following a score, the team which did not score shall kick off.

RULE 6. TIME-OUT

Section 1. Time-out may be taken only when the ball is dead or at any time in case of injury.

Section 2. Time-out may be taken only when ordered by the umpire.

Section 3. Three time-outs of two minutes each shall be allowed each team during a game. The fourth and succeeding time-outs shall constitute a team foul (Rule 13, Sec. 2).

Section 4. Time-out may be taken by the umpire and not charged to a team in case of injury, disqualification or any temporary unavoidable suspension of play.

Section 5. Time-out shall not be granted while the ball is in play, even though the team requesting it shall be in possession of the ball.

Section 6. The clock shall also be stopped after goals, during penalty kicks, and for substitutions.

Section 7. The ball shall be put in play after time-out in the following manner:

a. *If the ball is out of bounds* when time-out is called, it shall be put in play from out of bounds (Rule 8).

b. *If time-out is requested* just after a foul is called, play shall be resumed by putting into effect the penalty for the foul (Rule 13).

c. *If time-out is called* after a goal has been made, the play shall be resumed by a kickoff. (Rule 5, Sec. 4).

d. *In case time-out is called unavoidably* when the ball is in play, the play shall be resumed by a toss-up at the spot where the ball was when time-out was called (Rule 10, Sec. 1 and Rule 8, Sec. 3).

e. *After a goal is made,* the clock is started again on the center kick.

f. *After a penalty kick,* the clock is started as soon as the ball is kicked. If the goal is scored, time is out until the center kick is taken.

RULE 7. SCORING

Section 1. Scoring shall count as follows:

Field goal—2 points	Penalty kick—1 point
Touchdown—2 points	Drop kick—3 points

Section 2. A field goal shall be scored when a ground ball is kicked or legally given impetus with the body so that it passes over the goal line, between the goalposts, and under the crossbar. If such a ball is last touched by a defensive player but goes under the bar, the goal shall count for the offensive side. A field goal may be scored from any spot within the field by any player.

Interpretation. In addition to the above, a field goal shall be scored when a ball has been legally drop-kicked (Sec. 5 for description) and passes under the crossbar or falls to the ground and rolls or bounces across the goal line under the crossbar and between the goalposts. If, however, a drop kick is started outside the penalty area in the field of play and the ball falls upon the ground in the penalty area without crossing the goal line, it may then be played as any ground ball with the possibility of a field goal. A high bouncing ground ball may be legally headed or shouldered into the goal to score a field goal. A ball cannot be punted through to score a goal.

Section 3. A touchdown shall be scored by the completion of a forward pass, the ball being thrown by an attacking player who is

SAMPLE SPEEDBALL SCORESHEET

TEAMS _____ VS _____

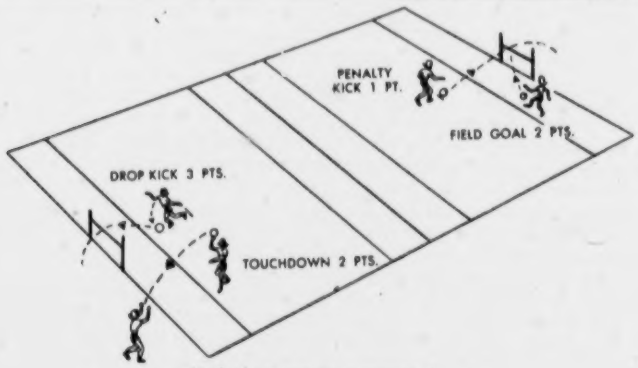
	PLAYERS	SCORE 1st Half FG	TD	DK	PK	2nd Half FG	TD	DK	PK	PERSONAL CONTACT FOULS		PLAYERS	SCORE 1st Half FG	TD	DK	PK	2nd Half FG	TD	DK	PK	PERSONAL CONTACT FOULS
RW										1 2 3 4 5	RW										1 2 3 4 5
RI										1 2 3 4 5	RI										1 2 3 4 5
CP										1 2 3 4 5	CP										1 2 3 4 5
LI										1 2 3 4 5	LI										1 2 3 4 5
LW										1 2 3 4 5	LW										1 2 3 4 5
RH										1 2 3 4 5	RH										1 2 3 4 5
CH										1 2 3 4 5	CH										1 2 3 4 5
LH										1 2 3 4 5	LH										1 2 3 4 5
RP										1 2 3 4 5	RP										1 2 3 4 5
LP										1 2 3 4 5	LP										1 2 3 4 5
G										1 2 3 4 5	G										1 2 3 4 5
										1 2 3 4 5											1 2 3 4 5
										1 2 3 4 5											1 2 3 4 5
										1 2 3 4 5											1 2 3 4 5
										1 2 3 4 5											1 2 3 4 5
										1 2 3 4 5											1 2 3 4 5
										1 2 3 4 5											1 2 3 4 5
										1 2 3 4 5											1 2 3 4 5
	RUNNING SCORE	1 2 3 4 5 6 7 8 9								10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30											
		1 2 3 4 5 6 7 8 9								10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30											

WON BY _____ WHERE PLAYED _____ TIME OUTS _____

SCORE _____ DATE _____

UMPIRES _____ SCORES _____

TIMEKEEPERS _____



Methods of scoring in speedball.

outside the penalty area in the field of play, and caught and held by a teammate who is back of the goal line extending from sideline to sideline, with the exception of the part between the goalposts. A pass received by a player standing behind the goal line between the goalposts does not score and the ball is awarded to the defense out of bounds. If the forward pass goes over the goal line and is incomplete, out-of-bounds rules apply.

A player cannot take a step over the goal line for the purpose of scoring a touchdown. She must be completely over the line when the ball is caught in order to score.

Penalty—If a touchdown pass is started from within the penalty area, a free kick shall be awarded the defense from the five-yard line.

Interpretation. If the forward pass is legally intercepted by a defense player who is behind the goal line, the ball shall be awarded to the defense out of bounds. If the ball touches the ground in an unsuccessful effort to score a touchdown, it shall remain in play until a score is made or the ball goes out of bounds or is otherwise declared dead. If the ball is thrown between the goalposts a goal is not scored and out-of-bounds rules apply.

If a touchdown pass is legally thrown and is caught simultaneously by the intended receiver and an opponent, a tie ball is called and the toss-up is taken on the five-yard line opposite the spot where the ball crossed the line.

If a legal touchdown pass is thrown and there are two potential receivers, one of whom catches the ball and legally completes the pass at the same time that the other receiver is fouled against by an opponent, the score shall be awarded and also the penalty kick. This rule also applies to any other foul in the penalty area which occurs simultaneously with the scoring of a goal. If a foul occurs just previous to the act of kicking or passing to score, the goal shall be ignored and the foul called.

After a touchdown has been scored, the ball shall be returned to the center, with the team scored against taking the kickoff.

Section 4. A penalty kick shall be attempted following a foul by the defense in its own penalty area, or for a foul by the defense behind its own goal line during an attempted forward pass for a touchdown. This kick shall be a drop kick and must be taken by any member of the attacking team. This kick scores 1 point. (See rule 12 for complete explanation of the penalty kick).

Section 5. A drop kick is a play in which the person with the ball in her hands drops it to the ground and kicks it as it bounces from the ground. A drop kick shall be scored when the ball has been legally caught and, after being played as above, goes over the crossbar and between the uprights of the goalposts or their

imaginary extensions, provided the player taking the kick is outside the penalty area and in the field of play (Interpretation, Rule 7, Sec. 2).

Penalty–If a drop kick is started inside the penalty area, a free kick shall be awarded the defense from the five-yard line.

RULE 8. BALL OUT-OF-BOUNDS

***Section 1. Throw-in**

When the ball passes wholly over the sideline, a player of the opposite team to that which played it out shall use a thow-in to send it into the field in any direction from the point on the sideline where it left the field of play. The player throwing the ball must stand behind the sideline (not in the field of play) and throw the ball into the field with any kind of one-hand or two-hand throw. The ball shall be in play when it has left the player's hands, and may be played either as an aerial ball or as a ground ball. The player shall not play the ball until it has been played by another player. No player may stand closer than five yards until the ball leaves the thrower's hand. No goal may be scored directly from a throw-in.

Penalty–For playing the ball again before it has been played by another player, or for any other breach of the rules for the throw-in, the throw-in shall be awarded to the opponents.

Section 2. If the ball goes over the goal line and does not score, whether sent out by attacker or defender, it shall be put in play at the spot where it crossed the goal line, by a punt, drop kick, place kick, or throw-in, unless the ball crosses the line between the goalposts. In this case the ball shall be put in play from behind the goal line at a spot five yards to the side of either goal-post. A player of the opposite team may put the ball in play. (If the defense is awarded the ball, it is usually put into play by one of the backfield players. If the attack is awarded the ball, it is usually put into play by one of the forward line players.) All players must be five yards away until the ball is kicked or thrown.

Penalty–For touching the ball a second time by the person who made the play, for not kicking it forward at least the distance of its own circumference (either diagonally forward or straight forward of the goal line), for allowing the ball to bounce on the line or within the field of play prior to a drop kick or punt, or for any other breach of this rule, the ball shall be awarded to the opponents out of bounds.

Section 3. A ball sent out of bounds simultaneously by two opponents is put in play by the umpire tossing up the ball between the two opponents who last touched it, at a spot five

yards in from the boundary line and directly opposite the point where the ball left the playing field. All players except the two taking the toss-up must be five yards away from the ball until it has been played.

Penalty—For players standing closer than five yards, the toss-up is taken over. If, in the opinion of the umpire, no advantage was gained, the play shall continue (Rule 10, Tie Ball).

RULE 9. PLAYING PRIVILEGES

Section 1. The ball may be caught or otherwise played with the hands when it is an *aerial ball*, i.e., one that has been raised into the air directly from a kick (a punt and a drop kick are included). A ball thus raised into the air remains an aerial ball until it again hits the ground. An aerial ball that has been caught may be passed, air dribbled, punted, or drop-kicked at option. An aerial ball not yet caught may be blocked in any way by the body. A body block includes kneeing and kicking as well as playing with the head, shoulder, arms, etc. An aerial ball met with a body block remains an aerial ball until it hits the ground.

Section 2. A ground ball is one that is stationary, rolling, or bouncing, even though it may be in the air; when it is bouncing, the ball is ruled a ground ball until it is again raised into the air directly from a kick. A ground ball may be kicked, headed, or bounced off the body. It cannot be played with the hands or the arms. The use of the body, other than the foot, on a ground ball does not convert a ground ball into an aerial ball.

A ground ball may be converted into an aerial one by the following methods:

a. *By a lift to oneself or another player*, i.e., placing the foot under the ball and lifting it into the air from its ground position so it may be caught before touching the ground.

b. *By a kick up to oneself*, i.e., snapping one foot from the top of the ball, as is done with a racket in picking up a tennis ball.

c. *By a two-legged kick up to oneself*, i.e., by securing the ball between the ankles, then jumping into the air and, with a quick knee flexion, placing the ball in position for catching with the hands before it touches the ground.

d. *By allowing the ball to roll up the foot or leg to the hand*, or by giving upward impetus to the ball with either one or both feet.

Section 3. A player may dribble the ball with her feet at will, or drop a caught ball to the ground if she wishes to kick or dribble.

Section 4. A player may air dribble an aerial ball once, i.e., give impetus to the ball by throwing or tapping it, then touch it again

before it has touched the ground once or has been touched by another player.

Interpretation. An illegal air dribble is one in which the ball is thrown into the air more than once and is touched or regained each time by the person who originally gave impetus to the ball. A fumbled catch is not to be considered an illegal air dribble.

Section 5. A player may take or tap an aerial ball from an opponent.

Section 6. Goalkeeper's Privileges

A goalkeeper within her own penalty area may handle the ball. She may–

a. Pick the ball up.
b. Bounce the ball once.
c. Punt the ball.
d. Drop-kick the ball.
e. Throw the ball.
f. Combine a bounce with a punt, or a drop kick, or a throw.
g. Take two steps with the ball in her hands preceding a punt, a drop kick, or a throw. The privilege is denied if the punt, drop kick, or throw is combined with a bounce.

A goalkeeper may not–

a. Delay the game by holding the ball longer than three seconds.
b. Carry the ball. Carrying is called when the goalkeeper takes more than two steps while holding the ball.
c. Bounce the ball more than once.
d. Take two steps with the ball if she combines a bounce with a punt, drop kick, or throw.

Penalty–An indirect free kick is awarded for an infringement of any rule governing goalkeeper's privileges at the spot where the infringement occurred.

Section 7. A player who is standing still when catching the ball from a kick or pass may move either foot in any direction provided that the other foot stays at its initial point of contact, but she must get rid of the ball before a second step is completed. If running, the player may use two steps in coming to a stop or in releasing the ball. Violations of this rule shall be known as "traveling with the ball."

Section 8. A player may legally guard an opponent who has the ball. Guarding with one arm in a horizontal plane and the other arm up or down is a legal position. No holding, charging, pushing, or blocking is permitted. Persons must play the ball and not their opponents (Rule 12, and Rule 13, Sec. 1).

RULE 10. TIE BALL

Tie ball occurs when two players of opposing teams place one or both hands firmly on the ball at the same time, or when a player

places one or both hands firmly on the ball already held by an opponent. A tie must be made without personal contact with the body of an opponent except for the hands. The hands are considered part of the ball. A tie ball may also occur when two players of opposing teams momentarily hold the ball between their feet. This must occur without personal contact.

A foul shall be called on a player who–

a. Pulls or spins an opponent into an off-balance position while trying to tie the ball.

b. Makes personal contact in attempting to tie the ball.

By mutual agreement of the captains before the game starts, players may be prohibited from tying the ball already held by an opponent.

If two players of the same team tie the ball and the umpire sounds her whistle in error, the ball shall be put in play from out of bounds at the sideline by one of the players.

When the ball has been tied by more than two players, one of the players from each team shall be selected by the umpire to jump.

When a tie ball occurs, the umpire shall toss up the ball between the two opponents in a plane perpendicular to the ground to a height greater than either of them can reach when jumping so that it will drop between them. The two players shall stand within an imaginary circle (six-foot radius), each with her back to her own goal, until the ball is tapped. The ball must be tapped after it reaches the highest point by one or both players, using one or both hands, and may be tapped no more than twice while the players are within the imaginary circle. Neither player may catch the ball. However, if the ball touches the ground after being tapped, either player may then play it as a ground ball. All other players must be five yards away until the ball has been tapped.

*No score shall result from a tip-off which is caught beyond the goal line. Should the ball be batted out of bounds by either player, regular out-of-bounds rules shall apply (Rule 8).

A toss-up on the spot where the fouls occurred shall be awarded after a double foul. No toss-up shall be taken nearer than five yards to a boundary line.

Penalty–

1. *For a foul on the toss-up, a free kick shall be awarded the opponents on the spot where the breach occurred.*
2. *For players, except the two taking the toss-up, standing closer than five yards, the toss-up shall be taken again; if, in the opinion of the umpire, no advantage was gained, the play shall continue.*

RULE 11. FREE KICK–FREE THROW

***When a foul** has been committed by a player outside her own penalty area, a free kick is awarded when the foul was made during the play of a ground ball and a free unguarded throw is awarded when the foul was made during the play of an aerial ball. No player shall approach within five yards of the ball until the kick or throw is taken. Play begins when the ball is kicked or thrown. The ball must travel the distance of its circumference (27 inches). It may be played in any direction. It may be kicked up to another player. The person awarded the kick or throw shall not play the ball again until it is played by another player.

Penalty –

**1. In the event of a player kicking or playing the ball a second time while taking a free kick, a free kick shall be awarded to the opponents where the breach occurred.*

**2. In the event of a player playing the ball a second time while taking a free throw, a free throw shall be awarded to the opponents where the breach occurred.*

3. In case the ball is not kicked the distance of its circumference, a free kick shall be awarded the opponents.

**4. If the opponents come closer than five yards and gain an advantage, the free kick or free throw shall be taken again by the same team. If no advantage is gained, the play shall continue.*

**5. If a teammate of a player taking a free kick delays the game by standing closer than five yards, the opponents shall be awarded a free kick. A free throw is awarded to the opponents when the delay occurs while taking a free throw.*

RULE 12. PENALTY KICK

A penalty kick shall be awarded the attack following a foul by the defense in its own penalty area, or for a foul by the defense behind its own goal line during an attempted forward pass for touchdown. This kick shall be a drop kick, and must be taken by any member of the attacking team (usually taken by a forward). The kicker standing behind the penalty kick mark, after the umpire has blown her whistle, may then attempt to drop-kick the ball between the uprights and over the crossbar. The ball must bounce behind the line prior to the kick. Only the defending goalkeeper is allowed to guard the goal at this time, and she must stand behind the goal line until the ball is kicked.

On penalty kicks, the teammates of the kicker and goalkeeper shall not encroach upon the penalty area until the ball has been

kicked. The teammates of the kicker must be in the field of play. The teammates of the goalkeeper may be behind the goal line (except between the goalposts) or in the field of play. All players must remain a distance of five yards away from the kicker outside the penalty area and not obstruct a free path to the goal nor touch the ball until it has been kicked. If the ball does not go between the uprights and over the crossbar, it shall be considered a free ball and played with all the possibilities of scoring. The kicker may not play the ball a second time until is has been touched by another player. If a goal is scored, the team scored against takes the kickoff.

Penalty–

1. *If an attempt to drop-kick results in a punted ball, or if any type of kick other than a drop kick is executed, a free kick shall be awarded the opponents on the penalty kick mark.*
2. *If the player plays the ball again before it has been played upon by another player, a free kick shall be awarded the opponents on the spot where the second kick occurs.*
3. *If any member of the attacking side enroaches upon the penalty area before the ball has been kicked, a free kick shall be awarded the opponents on the penalty kick mark.*
4. *If any member of the defending side encroaches upon the penalty area before the ball has been kicked, the penalty kick shall be taken again.*
5. *If the player taking the penalty kick permits the ball to bounce on or over the penalty kick mark prior to taking the kick, a free kick shall be awarded the opponents.*

If a penalty kick has been awarded and the whistle sounds for quarter, halftime, or game, extra time shall be allowed to permit the penalty kick to be taken.

RULE 13. FOULS

Section 1. Individual Fouls. An individual foul is any foul involving and charged to an individual player. A player may be disqualified for a single offense. Individual fouls shall include –

a. *Blocking.* Personal contact which impedes the progress of an opponent with or without the ball. Forms of blocking include contact resulting from an opponent's entering the path of a moving player without giving that player a chance to stop or change direction, or impeding the progress of an opponent by holding both arms fully extended horizontally.

b. *Charging.* Contact resulting from a player moving her body or the ball into an opponent whose position or path is already established. Contact caused by the momentum of a player who has thrown the ball is a form of charging.

c. *Pushing.* Thrusting an opponent away by contact with the hand, arm, or body.
d. *Tagging.* Repeated touching of an opponent with the hand, elbow, or body.
e. *Hacking.*
f. *Holding.*
g. *Tripping.*
h. *Handling the ball.* Touching a ground ball with the hands or arms unless the hands and arms are in complete contact with the body.
i. *Traveling with the ball.* Taking more than two steps while holding the ball following a run, or progressing more than one step in any direction while holding the ball at any other time.
*j. *Holding the ball.* Retaining possession of the ball in the hands more than 5 seconds in bounds if closely guarded; taking more than five seconds on a free kick or throw or out of bounds; taking more than 10 seconds on a penalty kick.
k. *Unnecessary roughness.* Committing any act which might cause injury to an opponent; this includes pulling or spinning a player into an off-balance position while trying to take the ball, kicking the ball from the hands of a person who is converting a ground ball into an aerial ball, or kicking a hard ball directly into a player standing in close range.
l. *Threatening the eyes* of the player in possession of the ball by using the hands in a dangerous manner.
m. *Delaying the game* by unnecessary interference on out-of-bounds plays and unreasonable delay in taking position on free kicks and penalty kicks.
n. *Air dribbling* the ball more than once.
o. *Drop-kicking for a goal* or attempting a forward pass for a touchdown while within the penalty area.

Section 2. Team fouls shall include–
a. Taking more than three time-outs in a game.
b. Having more than 11 players on the field at one time by one team.
*c. Making an illegal substitution in one of the following ways:
(1) Substituting when the ball is in play.
(2) Going onto the field of play without reporting to the scorers, then to the nearest umpire before entering the game.

Note: This is not to be considered a foul until play has started. Whenever the failure to report is discovered, play shall be stopped for the penalty kick, which shall be played as any other penalty kick.

Section 3. A player is automatically disqualified and immediately removed from the game when she has committed either of the following:

a. Five personal contact fouls.
b. A single disqualifying foul which is rough or dangerous play, playing continuously with personal contact, or unsportsmanlike conduct.

RULE 14. PENALTIES FOR FOULS

Section 1. Individual fouls made by–

a. A player outside her own penalty area; a free kick where the foul was made during the play of a ground ball or a free unguarded throw if the foul was made during the play of an aerial ball.
*b. A defensive player *within* her own penalty area or behind own goal line: one penalty kick.

Note: If the player fouled against was in the act of catching a legal forward pass for a touchdown and the foul prevented her from scoring a touchdown, a touchdown should be scored and one penalty kick awarded.

*c. An offensive player within her own penalty area: an indirect free kick.
d. An attacking player behind opponent's goal line: a free kick or throw on the goal line opposite the place where the foul occurred.

Section 2. Team fouls shall award the opponent one penalty kick each.

Section 3. A player may be disqualified and removed from the game if she plays roughly or dangerously or after being warned she displays poor sportsmanship. A free kick, or throw, or penalty kick, as the case may be, is awarded to the opponents.

Section 4. Double foul made anywhere on the field including the penalty areas: A toss-up where the fouls occurred between two offenders.

(*Exception:* If a double foul occurs within five yards of a boundary line, the toss-up shall be taken opposite the spot where the fouls occurred and five yards from the boundary line.)

Double foul behind the goal line: A toss-up between the two offenders on the five-yard line opposite the place where the fouls occurred.

Situations not covered by specific speedball rules should be interpreted by referring to the official soccer or basketball rules for women.

Speedball Rules Digest

Compiled by HELEN M. BARTON
University of Illinois, Chicago

Revised by KAY BRECHTELSBAUER
Southern Illinois University, Carbondale

Field and Equipment (Rules 1 and 2)

1. Regulation size–100 x 60 yards
2. Ball–soccer ball
3. Official team–11 players

Officials (Rule 3)

2 Umpires
2 Timekeepers
2 Linesmen
2 Scorers

The Game (Rule 5)

1. Length of game:
   8-minute quarters.
   2-minute intermissions between quarters.
   10-minute intermission between halves.
2. Choice of which team shall take the kickoff or selection of goal awarded to captain winning toss.
3. Goals shall be changed at halftime.
4. Game started by place kick on center line in direction of opponent's goal. Ball must be kicked at least the distance of its circumference. It may be lifted to a teammate.
5. Player taking kick-off may not touch ball again until it is played by another player.
6. On a kickoff, no opponent shall cross the restraining line, and no teammate of the kicker may cross the center or halfway line until ball has been kicked by player taking kickoff.
7. Extra time is permitted to allow for playing off a penalty kick.
8. Time-out is granted only by umpire when ball is dead.
9. Following a score, team scored against shall kickoff.

Substitutes (Rule 2)

1. May be put in only when ball is not in play. A team time-out may be used for substitution.
2. Must report to scorer, and then to umpire and be recognized before entering game.
3. Except for a disqualifying foul a player may reenter any number of times.
4. If a team has fewer than nine players, that team shall forfeit the game.

Scoring (Rule 7)

Drop kick	3 points
Touchdown	2 points
Field goal	2 points
Penalty kick	1 point

WHAT OCCURRED	AWARD	GENERALLY TAKEN BY–	WHERE TAKEN	POSITION OF PLAYERS
Beginning of the Game	Kickoff. (Rule 5)	Center forward.	Center of halfway line.	Teammates behind halfway line. Opponents behind restraining line.
Ball Out of Bounds				
1. Over sideline.	Throw-in (Rule 8)	Halfback.	At point where ball left field of play.	All other players five yards away.
2. Over goal line without scoring	Ball put in play by– Place kick Punt Drop kick Throw-in (Rule 8)	Any player of opposite team–usually: 1. A forward line player, if taken by attack. 2. Fullback or goalkeeper, if taken by defense.	At spot where ball crosses goal line.	All other players five yards away.
3. By two players simultaneously.	Toss-up. (Rule 8)	Two players hitting it out.	Five yards from boundary line, opposite where ball left playing field.	All other players five yards away.
Tie Ball	Toss-up (Rule 10)	Two players tying the ball.	On spot where tie occurred. (Not nearer than five yards to boundary line.)	All other players five yards away.
Fouls				
1. Individual: kicking, tripping, tagging, handling, traveling, hacking, blocking, holding, pushing, charging.				
a. Outside own penalty area.	Free kick. Free throw. (Rule 14)	Halfback.	Where foul occurred.	All other players five yards away.
b. Within own penalty area or behind own goal line by defense.	Penalty kick by attack (Rule 7)	Best drop kicker.	Penalty kick mark.	1. All players must be five yards away from kicker and must not obstruct a free path from her to the goal.

WHAT OCCURRED	AWARD	GENERALLY TAKEN BY—	WHERE TAKEN	POSITION OF PLAYERS
				2. Teammates must be on field of play. 3. Goalkeeper behind goal line and between goal posts.
c. By attack behind opponent's goal line.	Free kick. Free throw. (Rule 14)	Fullback.	On goal line opposite where foul occurred.	Attackers five yards away.
d. By offensive team in own penalty area.	Indirect free kick. (Rule 14)	Forward line player.	On spot where foul occurred. (Not nearer than five yards to boundary line.)	All players five yards away.
e. Double				
(1) On field of play or in penalty area.	1. Toss-up.	Two players who fouled.	On spot where foul occurred.	All other players five yards away.
(2) Behind goal line.	2. Toss-up.	Two players who fouled.	On five-yard line opposite where foul occurred.	All other players five yards away.
Team Fouls				
Team: more than three time-outs, failure to report substitution to scorer or umpire, more than 11 players on field by one team.	Penalty kick. (Rule 14)	Best drop kicker.	Penalty kick mark.	Goalkeeper behind goal line between goalposts. Player taking kick behind penalty kick mark.
2. Disqualifying: rough or dangerous play, unsportsmanlike conduct, etc.	Free kick, throw, or penalty kick, as case may be. (Rule 14)	Halfback, fullback, best drop kicker, depending on situation.	Where foul occurred or penalty kick mark, as case may be.	Same as above for free kick or penalty kick.

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Speedball Questions and Answers

1. May a goal be scored directly from a punt?
   No. The ball was not given legal impetus. (Rule 7, Sec. 2)
2. May a goalkeeper pick up a ground ball with her hands and convert it into an aerial ball?
   Yes. This is now consistent with the soccer rules. (Rule 9, Sec. 6)
3. Two players of opposing teams momentarily hold the ball between their feet. Is this a tie ball situation?
   Yes, provided this occurs without personal contact. (Rule 10)
4. May a thrown ball count as a field goal if it hits the ground before passing over the goal line?
   No. A goal is not scored and out-of-bounds rules apply. (Rule 7, Sec. 3)
5. May a score be made directly from a free kick or a center kickoff?
   Yes. A field goal may be scored from any spot on the field provided it is not an *indirect* free kick (Rule 7, Sec. 2)
6. How is a team penalized for taking more than the legal number of time-outs?
   The team is charged with a team foul and the opponent shall be awarded a penalty kick. (Rule 14, Sec. 2)
7. Player A blocks an aerial ball with her hip. Player B catches the ball after a single bounce and successfully drop-kicks for a goal. Does this goal score?
   No. An aerial ball met with a body block remains an aerial ball only until it hits the ground. Therefore, Player B must play the ball on the ground. (Rule 9, Sec. 1)
8. A player, in the act of catching a legal forward pass for a touchdown, is pushed by an opposing player and drops the ball. Does the touchdown score or is a penalty kick awarded?
   Both. A touchdown will be scored and one penalty kick awarded. (Rule 14, Sec. 1b)
9. If a touchdown pass is caught simultaneously by an offensive and defensive player, is a touchdown scored?
   No. A tie ball is called and the toss-up is taken on the five-yard line opposite the spot where the tie ball occurred. (Rule 7, Sec. 3, Interpretation)
10. May a field goal be scored directly from a penalty kick?
    No, not directly, but it can be played by another player as a free ball if the drop kick does not go over the crossbar and a goal can be scored. (Rule 12)
11. When the ball is kicked or thrown against the goalposts in an attempt to score and it rebounds to the penalty area, is the ball in play?

Yes. The ball is considered in bounds until it is sent wholly over the end line or sideline. (Rule 8, Sec. 1) The goalposts are set on the end boundary lines; therefore, they are considered the same as the boundary line. (Rule 1, Sec. 2d)

12. A defensive player pushes an offensive player who is pivoting with an aerial ball. Is the penalty a free kick?
No. The offensive player receives a free throw. (Rule 14, Sec. 1a)

13. Should a free throw or a free kick be awarded on a traveling foul?
A free throw shall be awarded since the foul occurred while playing an aerial ball. (Rule 14, Sec. 1a)

14. May a team request a team time-out when the ball is in play in order to put in a substitute?
No. Time-out may be taken only when the ball is dead. (Rule 6, Sec. 1)

15. May a team take time-out in order to substitute?
Yes; however, this is considered one of the three time-outs a team is allowed. (Rule 13, Sec. 2c)

16. Must an offensive player who is taking the out-of-bounds play at the end line step back into the field of play before returning out of bounds to catch a touchdown pass?
No, as long as she is behind the goal line when she receives the pass, it is a legal touchdown. (Rule 7, Sec. 3, Interpretation)

17. Does the penalty for a foul differ when it is the offensive team member who fouls outside her own penalty area?
No. If the foul occurred while playing an aerial ball, it is a free throw; if it occurred while playing a ground ball, it is a free kick. (Rule 11)

18. On an attempted penalty kick, the goalkeeper attempts to stop the ball before it crosses the goal line. She merely deflects it into the goal. The ball passes under the crossbar. Does this score as a field goal?
No. This is not considered part of the follow-up play since no other player touched the ball before it entered the goal. (Rule 12)

19. A Red defending halfback who is behind the goal line deflects the ball out of bounds in successfully breaking up an attempted touchdown play by the Blue team. Who receives the ball?
Blue. Regular out-of-bounds rules apply. Red hit the ball out so the Blue team receives the ball out of bounds over the goal line. (Rule 8, Sec. 2)

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[1] Current Guide material prepared by 1970-72 Committee; material for 1974-76 Guide to be prepared by 1972-74 Committee.

Editorial Comment

This *Guide* has been prepared consistent with the philosophy of DGWS concerning flag football. This activity is recommended for instruction and intramural/recreational use only. The articles and references were selected to meet needs in these two areas. If this *Guide* begins to meet these needs we will be very pleased; if it does not, please inform the committee chairman before the next *Guide* is published.

Anyone who has taught flag football at any level or has supervised intramural play is encouraged to contact the committee chairman with suggestions concerning new material. Only a minimum number of changes in rules and wordage was suggested for this publication (the second *Guide* covering flag football). It was thought that a more in-depth rule study could be made after the rules has been used for a longer period of time.

The flag football committee hopes that you are contacting colleges and physical educators in other agencies and telling them that national rules are now available for girls and women in this activity through DGWS and that we support these rules. Many may not know these rules are available.

This committee expresses appreciation and thanks to the leadership of DGWS and previous committees for all of the knowledge, time, and energy they have given to the development of these rules and articles. It is no easy task to start a new activity. There is every reason to assume that succeeding *Guides* will be even more helpful.

Carolyn Hewatt
Flag Football Chairman

Be Wise in Exercise

ROBERTA L. MORIN

Roberta Morin received her B. S. degree from Linfield College, McMinnville, Oregon, and her M. S. degree from Eastern Oregon College, LaGrande. She has taught in California and Oregon. Her current position involves junior and high school girls physical education and high school coaching at Enterprise High School, Enterprise, Oregon. Her active teaching career has encompassed eight years; her work with flag football has been at Enterprise.

As coaches and physical educators, we must be concerned with proper conditioning in every sport—especially those involving vigorous exercise and rapid action. In running and dodging sports, the knees and ankles take more strain than in other individual sports. For this reason, I feel these areas need extra consideration.

Knee Injuries

In flag football, there has been an increase in knee injuries. I have investigated the reasons for these injuries and ways to prevent them.

Robert L. Larson, orthopedic surgeon in Eugene, Oregon, and Larry W. Standifer, athletic trainer at the University of Oregon. presented a paper in 1970 on knee injuries that includes the following passages:

> There are many reasons to account for the high instance of injuries to the knee. The exposed position of the knee and the lack of any adequate protective device which will allow normal mobility and agility makes the knee particularly vulnerable to injury. The joint being limited to flexion and extension and its stability being dependent upon ligament strength rather than bony contour there is susceptibility of this joint to injury.
>
> . . . . Many joints of the body, particularly the weight-bearing joints, have protection which is not present at the knee. The hip joint, for instance, is situated in a deep socket with a full range of motion in every direction such as a ball and socket. The knee, on the other hand, derives its strength primarily from the ligamentours support around the knee. Particular emphasis is, therefore, given athletic medicine to the importance of development of muscular strength. The quadriceps muscle group is the chief extensor of the knee. Some of the muscles of the quadriceps mechanism

as well as some muscles of the hamstring group of muscles located in the back of the thigh also have as their attachment, a capsular sleeve around the knee. With tightening of these muscles, the capsule around the knee is also tightened and hence some protection is derived in this manner.

Conditioning

An instructor should review the anatomy of the knee and understand its exposure. The knee depends upon the muscles around it to hold it secure. This is where specific conditioning comes in. Larson and Standifer state:

> One of the problems in dealing with athletes, particularly in high school athletes and those younger children who participate in sports activities, is the lack of proper conditioning program to prepare them for the vigorous activities demanded by competitive athletics. Two defects in conditioning programs for the younger athlete are: (1) Failure to institute a program of physical fitness early enough before the actual competitive season begins (2) Failure to use a progressive resistive exercise program to allow full development of muscle strength.

This principle applies for a regular physical education program as well. Dr Larson feels that muscle development for the knee protection is obtained by loading the muscles and pressing activity beyond the threshold of fatigue. Repetition actions alone give endurance but not strength.

An exercise program with some type of weights and on-field conditioning will develop desired strength. The muscle groups of main consideration are the quadriceps and hamstrings for extension (quadriceps) and flexion (hamstrings) of the lower leg.

Progressive Exercise Program

Mr. Standifer has developed the following Progressive Exercise Program (PRE):

> This consists of doing three sets of 10 repetitions using one half the maximum weight 10 times, three-fourths the maximum weight 10 times, and the full weight 10 times. This is done sitting on the quadriceps table and doing extensions at the knee. In girls of the 16 to 22 age group, weight of 40 pounds (20 lbs x 10, 30 lbs x 10, 40 lbs x 10) is to be considered good strength for the quadriceps, and 20 to 25 pounds would be good for the hamstrings. Of course, this will vary with the size and muscular development of the individual.

Standifer states that, in his opinion, "a true PRE program through a full range of motion is possibly harmful to the joint surfaces." A variation of the PRE program is as follows:

> With the leg in full extension maximum resistance is applied so that the athlete can lift it only 1 time. Ten pounds are then removed and the exercise is done 10 times. This is done twice more removing ten pounds each time so that a total of 30 times is done. The exercise is then repeated with the leg held at 45°.

Most of us must use some type of on-field exercise program. A good overall conditioner and quadriceps builder is running the stairs. We use this exercise for off-season conditioning, along with another resistive isometric exercise recommended by Larson and Standifer called the "Phantom Chair."

> The athlete assumes a sitting position against a wall and holds in this position from 30 seconds up to two to three minutes. The back should be straight, hip flexed at 90 degrees, and the arms folded across the chest. An athlete that can hold this position for three minutes can be considered to have good quadriceps strength. This may also be done with two athletes of approximately the same size. They assume a position back to back and then hook arms and go down into the sitting position.
>
> Noncontact injuries to the knee are the result of twistings as in the act of cutting to the opposite direction of the weight-supported foot. It is important in coaching to impress upon the player the importance of complete body control at all times and the necessity for keeping the feet moving to avoid anything more than momentary contact with the ground. Prevention of injury also includes the following: (1) A proper playing surface so the foot does not catch in a hole. (2) The use of hockey shoes or soccer shoes, if cleats are indeed necessary, which are less likely to hang up in the turf. (3) Proper body control and conditioning. The player should also be made aware of injury situations and how to avoid them.

The best prevention for injuries on the field of play is strict officiation on any contact incidences.

Specific Conditioning Program

Each school adapts programs to its facilities and equipment. Our weights program includes work on the universal gym, the quadricep table, and leg press. We use other stations, but these two are the ones we will consider here. Each girl keeps a record of her weight and repetition, and each uses the maximum weight once a week at

the start of the season. After strength is built up, we do repetitions for endurance.

On-field exercises needed to be varied, so we divided the girls into squads. The leader doesn't call cadence, but blows a whistle at the change of each exercise. One exercise follows another with jogging or running the stairs being incorporated at any time. When the students must be inside or during the off-season, exercises are done to popular music. The indoor running areas are designated and running the stairs is done on the bleachers.

Each physical education class has a section of weights at the beginning of the season in the fall. In this way, we are trying to minimize the percentage of injury.

Dr. Larson and Mr. Standifer's summation best expresses my feelings:

> Injuries are inevitable in any endeavor, athletic or otherwise, but in an organized athletic and physical education program, conditioning, training, and equipment are the variables that allow differences not only in win/loss records, but also in injury rate. To a large measure, the athlete's ability to avoid injury will depend upon the training he has had as an adolescent and to the impressions made upon him as to the importance of conditioning as a means of preventing athletic injury.

Motivational Techniques for a Flag Football Unit

Olivia Diaz
Ann Poston

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Ann Poston received her B. S. and M. S. degrees from the University of Florida, Gainesville. She is now teaching at Sandia High School, Albuquerque.

Flag football is a favorite physical education unit in both junior and senior high schools. The game requires skills that girls don't often have the opportunity to attempt, making it an eagerly awaited challenge. The following suggestions have added enjoyment and educational benefits to the flag football units:

1. Make every girl on the team feel important—every girl should have a specific assignment for each play. Since girls tend to place the weakest player at the center position, the teacher should emphasize the skill that the center has to master in centering the ball correctly. The center's position can be given additional importance by stressing that she is responsible for calling the team into the huddle after every offensive play. The guards' positions can be given importance by emphasizing the necessity of executing screening assignments correctly.
2. Whenever possible, relate class instructions to the game as played by the school's football team. This can be done by teaching similar offensive running plays, pass patterns, and defensive patterns. The assistance of the football coach can be invaluable in accomplishing this.
3. Devote time to the terminology of the game. Assigning a vocabulary list and having the girls obtain help in getting the definitions from their fathers, friends, brothers, etc. has proven to be an enjoyable assignment.
4. Demonstrate the equipment used in an actual football game. If invited to do so well in advance, a coach or a player can be an excellent resource person in this endeavor. Emphasis should be placed on the design of the equipment for the protection of the

various parts of the body. We have found that most girls are not aware that football equipment provides very little protection for the midriff, or that there are several kinds of kicking tees.

5. As an outside assignment, have each girl develop a play to be taught to her team. The play can be written on a 3 x 5-inch card and carried in the gym suit pocket. Again, the assistance of fathers, friends, etc. may be sought. Stress the necessity of having a specific assignment for each player. Allow sufficient class time so that each girl can teach her play to the team and for each play to be rehearsed.

6. Teach rules as they are needed. This will enable the class to be placed in a game situation as quickly as possible after the necessary skills are presented. Some time should be devoted to the rules pertaining to the eligibility of receivers; to the offensive team crossing the scrimmage line or the defensive team entering the neutral zone before the ball is snapped; and to the forward pass before the class is allowed to begin play.

7. Assign each student a creative unit project. Developing an offensive play and accompanying it with a full written description has challenged the creativity of our students and has produced a wide variety of excellent projects.

8. Flag football can be a controversial unit in certain communities. Stress safety to decrease the chances of drawing adverse attention to your unit. Emphasize skills, conditioning, and proper wearing and pulling of flags. Use good judgement in terminating class activities.

9. To keep interest and enthusiasm keen to the very end of the unit, follow your class unit with class intramurals and school intramurals. This can add much to the productivity of the classes if the students know in advance that the unit will be followed by the opportunity for further guided competition.

Five Steps-A Passing and Punting Game

JO OLIVER

Jo Oliver received her B.S. degree at Oklahoma State University, Stillwater, and her master's degree at North Texas State College, Denton. She has taught at the high school level in Dallas and South San Francisco, and at the college level for one year at San Jose State College, San Jose, California. Currently, she is pursuing an Ed.D. in higher education at Oklahoma State University.

Five steps is a lead-up game for flag football. The purpose is to practice passing and punting for distance and placement. The receiving teams get practice in catching long punts and passes. From 6 to 20 players may compose a team. Formations need to be adapted to the ability of the opposing team to throw and punt. The idea is to cover as much of the potential receiving area as possible.

The object of the game is to score one-point touchdowns by punting or passing the ball into the opponents' end zone before the ball is touched or caught. The field is marked the same as it would be for flag football. Where there is a wind or sun advantage, the length of the game should be determined and the ends of the field changed when the game is half over.

Rules of the Game

1. The beginning kickoff is the same as for flag football. If at any time the ball is punted or thrown out of bounds, the opponents will put it back into play on the spot where the ball crossed the sideline.
2. The ball is dead as soon as it touches the ground and is put in play on that spot by the opponents. The player who first touches the ball should be the one to put the ball back into play. If, after touching the ball, it should bounce away from the receiver, a teammate should pass the ball back quickly so she may put it back into play on that spot.

If some players are not getting the opportunity to punt or pass, numbers may be assigned to each player and the punting or passing may follow a numerical order instead of having the player who first touches the ball put it into play. A fumble while attempting to put the ball into play will count as a pass or punt and will be dead on the spot. The opponents will be allowed to play the ball from that spot.

3. The ball is not "run back." Distance is gained mostly by passing and punting deep into the opponents' territory. If, however, the ball is caught directly from a punt or pass, the receiver may take

five steps toward the opponents' end zone. (Optional Rule: Steps may be collected and saved if the number accumulated is called out after each catch. These may be collected up to 50 steps before being taken. Any portion may be taken at any time, but each team must be kept informed by calling out the number of remaining saved steps on each play. Steps must be taken in units of 5 only.)

4. The ball is to be put in play on the spot where it touches the ground, where a player touches or catches it, or on the spot at the side or end line where the ball went out of bounds. A player may retreat behind the reception spot in order to take a short run before punting or passing. If the receiver wishes to take the five (or more) steps she earned by catching the ball in the air, she must punt or pass before going beyond the spot where the fifth step is taken.

5. The ball may be caught out of bounds at the sideline or behind the end line of the receiving team. The five steps must be taken from that spot.

Strategy

a. Try to catch the opponents unaware by taking steps quickly and punting or passing into a spot down field which is not covered by the other team.

b. On defense, have a few players up close to receive weak or misdirected passes or punts. Move a few players deep in the field for safety – behind your own end zone when this area is vulnerable – in case the opponents deliver a long pass or punt.

c. Keep the ball moving. Avoid holding the ball long enough for the opponents to get most of their area covered.

d. Look for unguarded areas. Feint your punts or passes by concentrating on one area then punting or passing into another.

e. Keep the ball away from the opponents' more successful receivers.

Flag Football for Junior High School

GLORIA E. CROSBY

Gloria Crosby received her B. S. degree from the University of South Carolina, Columbia. She taught physical education for two years at Robert E. Lee Junior High in Orlando, Florida and is presently a graduate assistant at the University of South Carolina in the Master's degree program.

The junior high school years are a time of change. Opportunities for new interests and activities are occurring. At the same time, adjustments are being made within the body and mind in preparation for the adult years.

Therefore, it is most important that the physical education program takes these changes into consideration when dealing with students in the seventh to ninth grades. Neuromuscular skill developments, which make for efficiency of movement and body control, are imperative when students in this age group are going through their stages of rapid uneven growth, increase in heart size, awkwardness, and adjustments in coordination. This is the age for a vigorous program using individual and team sports which develop running, throwing, kicking, dodging, tagging, and thinking abilities as well as social abilities.

Of all the team sports offered in our physical education program, I found flag football to be the one activity that students anticipate with the most enthusiasm. It is felt that this sport helps to develop, directly or indirectly, each of the above needs. Although it is a team activity, it also reaches each child and provides her with a feeling of individual accomplishment and team success.

Class Background

Our class met five days a week, for 55-minute periods which included about 40 minutes of playing time. DGWS rules were used in eighth and ninth grades–9 players with zones–except that center and guards were ineligible receivers. Skill progressions were taught the same in all classes. Seventh grade classes used essentially the same rules with the following exceptions:

1. A team consisted of 11 players because of large class size.
2. Centers, guards, and tackles were ineligible receivers.
3. Advancements of 10 yards were needed for a first down.

Classes included from 40 to 65 students. The 11-player team proved to be more effective because it enabled players to relate to boys and men's professional football and eliminated confusion in

beginning classes. Anyone who teaches junior high realizes the benefit of skills that can be carried over from one sport to another, as well as field positions, basic rules, strategy, and officiating. The sports most easily related to flag football are soccer, speedball, and field hockey.

Equipment

Equipment for the classes included a junior size football for every six or eight students, red field markers for zones, homemade "chains," a down marker, and two velco flags and one belt (two colors) per person. (If flags cannot be purchased, students could make them as a class project.) Solid color pinnies were used for players, while black and white pinnies were used by officials, along with the red penalty handkerchief. Field area was regulation DGWS size; however, it may be modified according to space available or student ability.

Progression of Skills

First Day

1. Distribute rule sheets.
2. Discuss care and use of equipment, field markings, zones, boundaries.
3. Stress safety factors.
4. Use relays of 50 yards, running with a football, and straight-away and obstacle relays (Use some form of relay every day to build competitive spirit).
5. Emphasize keeping ball close to body and well-protected, and using quick changes in direction to avoid opponents.

Second Day

1. Review running drills.
2. Emphasize that running is the main duty of the fullbacks halfbacks, and sometimes the quarterbacks.
3. Discuss duties of the center and demonstrate centering techniques.
4. Review scrimmage lines, offsides, and penalties for offsides.
5. Drill centering from 5 yards then 10 yards.
6. Suggest competition to see who can center from the greatest distance.
7. Stress sliding the ball instead of picking it up when centering.
8. Demonstrate method of receiving ball from center.
9. Point out that the quarterback usually receives the snap, however, any backfield player may receive it.

10. Suggest the following receiving position to the quarterback: position the dominant hand with the palm down, place the other hand beneath it with the palm up to facilitate quick positioning to pass or lateral.
11. Drill centering and receiving.
12. Use the following relay: students form a straight line at 5-yard intervals; at the whistle, the first person centers to the receiver behind her, who becomes the center hiking to the person behind her, etc.

Third Day

1. Review centering and receiving.
2. Demonstrate fundamentals of the forward pass, laterals, and hand-offs.
3. Show use of dominant hand in bringing ball to shoulder height, and in releasing it forward with a definite wrist snap and follow-through toward receiver.
4. Stress hand and foot opposition—stepping forward on leg opposite the throwing arm.*
5. Remind players that all forward passes must be thrown from behind the line of scrimmage.
6. Use the following drill: with partners, practice throwing at 5, 10, and 20 yards. Correct passing and receiving errors at this time.
7. Have competition to see who can throw the farthest.
8. Demonstrate laterals made with two hands. These may be thrown to left or right, as long as they are thrown from the side or back.
9. Discuss illegal forward passes and laterals and their penalties.
10. Demonstrate hand-offs which, using one hand and an underhand movement, will go directly to receiver's abdomen. These are used to confuse opponents who will momentarily lose sight of the ball.
11. Stress difference between lateral and hand-off—the lateral travels through the air, while the hand-off should not be visible.
12. Use shuttle drills to practice hand-offs.
13. Use large circle drills for laterals.
14. Briefly discuss running, passing, and receiving duties of backfield players. (In eighth and ninth grades, guards are in defensive positions; in the seventh grade, guards and tackles are defensive players who give the backfield players time to set plays in motion.

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*See picture on page 146.

Fourth Day

1. Review procedures from the day before.
2. Discuss duties of ends and their positions relative to the center.
3. Use the following drills:
   a. Have a center snap the ball to a quarterback who passes to a stationary receiver (end); rotate positions so each student has an opportunity to practice each.
   b. Review receiving techniques and stress pulling the ball in close to the body.
   c. Practice throwing to running target. Emphasize that the receiver never turns backwards to receive, but runs on a diagonal, moving forward.
4. Emphasize to passer to "lead" the receiver.
5. Review all positions and duties.
6. Remind students about scrimmage line and offsides.
7. State that offensive team has the ball and is trying to score. The defensive team does not have the ball and is trying to regain possession of it. Discuss scoring and officiating.

Fifth Day

1. Review drill procedures from previous day.
2. Introduce punting as a means to put the ball in play, or in fourth down situations.
3. Stress hand position for receiving ball to punt, keeping laces up, and keeping a 10-yard (or more) distance from the center.
4. Emphasize keeping ball forward, dropping it forward and downward, stepping into the ball, kicking with instep. Start with one step approach, increase it to three steps.
5. Practice punting and receiving punts.
6. Go over kick-off and receiving positions.
7. Have competition to see who can punt the greatest distance.
8. Distribute belts and flags.**
9. Discuss penalties for illegal use of hands and illegal protection or wearing of flags.
10. State that the ball is dead when the ball carrier's flag is taken.
11. Discuss downs and yardage in seventh grade classes, and zones in eighth and ninth grade classes. Drill pulling flags.

Sixth Day

1. Explain that teams are to be chosen by the draft system. Three teams are used in most classes so two can play while the other practices.

**Note wearing position in picture on page 146.

2. Set up practices.
3. Rotate players to new positions after each play.
4. Stop play to explain things as they occur.

(Note: In our classes, physical education assistants where given 1,500 points to bid for 15 to 20 players by sealed ballots. Points could be used in any manner, as long as 15 to 20 players were bid for. Ballots were turned in to the instructor at the end of the day. Any player's name appearing more than once went to the highest bidder. Any players' names not appearing on the bid sheets were equally divided among the teams, thus avoiding the painful experience of being chosen last.

On the seventh day, teams were posted and everyone was happy to be on a team. Physical education assistants, who act as coaches and officials, checked to see who was on their team. Students checked to see whose team they were on so that captains and team names could be selected. The new teams then began a practice day.)

Eighth through Sixteenth Days

1. Set up team competitions.
2. Plan rainy day activities. (We showed slides taken from the beginning of the unit through the present.)
3. Work on team strategies, plays, etc.

Seventeenth and Eighteenth Days

1. Use punt for distance, pass for distance, and pass for accuracy skill tests. (The pass for accuracy test consisted of passing through a tire suspended 10 yards away. Each student was given five attempts.)
2. Challenge advanced students to pass through moving tire.

Nineteenth Day

1. Administer written test for knowledge of playing positions, scoring, history, game procedures, general rules, safety factors, officiating techniques, and give extra credit to those who can name the numbers that correlate to playing positions in football.

Summary

The draft system proved to be most successful in all classes. Attendance at school football games increased as the result of increased knowledge of the game, as reported in a class survey. Winning teams from each physical education class had play-offs after school. All-stars were chosen from these teams to form a school team, which sponsored a Flag Football Sports Day. The picture on page 146 shows skills previously mentioned, and also depicts the movement, enthusiasm, and excitement involved in this new activity – win or lose.

Figure 1. Forward pass and general field positions and correct wearing of flags.

In Defense of Offense

DIANE McIVER

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The offense in flag football must be developed around the basic skills of (1) running, (2) passing, (3) catching, (4) centering, (5) blocking, and (6) handing-off. Depending upon the competency of players in these basic skills, both simple and complex plays may be designed with many variations.

The first level of plays (Figures 1-7) requires that the skills be executed in a straightforward, uncomplicated way. The second level of plays PP-RR (Figures 8-10) requires more competency in the skills.

An example: in the first level of plays, basic pass routes are used—simple down-and-outs, angle across, etc. As a receiver becomes more competent in running pass routes, she may use fakes to run her routes and run more complicated routes such as a zig-in, zig-out. Examples of pass routes are diagrammed in Figure 1. The left end is running a down and angledout pattern. The flankerback is running a down-and-out pattern. The left guard runs down and angles in. The right guard runs down and in. The right end runs a zig-in, zig-out pattern. A down-and-out or -in is a pattern in which the receiver makes a 90° turn whereas in an angled pattern the receiver makes a 45° cut. The second level of plays requires a generally higher competency of ball handling as used in faking hand-offs and executing lateral passes.

KEY

Y block	C center
— path of player	RG right guard
-.-.- path of ball	RE right end
✳ hand-off	F flankerback
LE left end	LH left halfback
LG left guard	RH right halfback
	Q quarterback

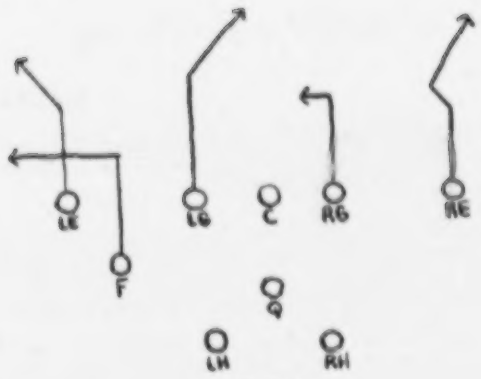

Figure 1.

Teaching the techniques of blocking is important as blocks well executed result in more successful runs being made while incorrectly executed blocks may result in penalties. Centering the ball is a skill often overlooked. A good center snap is an integral part of the offense. If it is well executed, the play has potential to be successful. A poor center snap may spell doom for the play at an early start. The center snap should be made as crisply as possible in order to give the quarterback just a little more time to execute the play. And the ball should be centered in a controlled fashion, ie., spiraled, so that the quarterback may gain control over the ball quickly and efficiently. Learning to execute a good hand-off is basic since handing-off the ball multiplies the number of variations on plays. An example: an end sweep run by the quarterback may be changed to an end sweep run by the halfback, the quarterback having handed-off the ball to her.

Simple Running and Passing Plays

Six plays are diagrammed in Figures 2-7; the first three are running plays, the second three, passing plays. In both cases the sets of plays are very similar but it is intended that the series will show that when one play is designed, several more are generated by using different players in a similar situation. All of the plays may be run to the right or the left. Despite the fact that very basic skills are being used, a very large variety of plays is available.

In figure 2, the quarterback receives the center snap and runs behind the flankerback and the left halfback. The flankerback and the left halfback serve as screening blockers for the quarterback as the play runs outside the left guard.

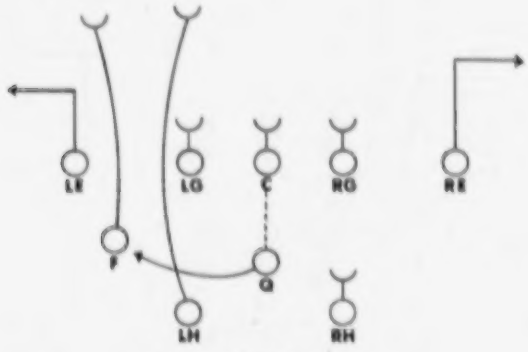

Figure 2.

The play shown in Figure 3 is similar to the previous play except that the quarterback hands-off to the left halfback who follows the flankerback and left guard who are screening blockers.

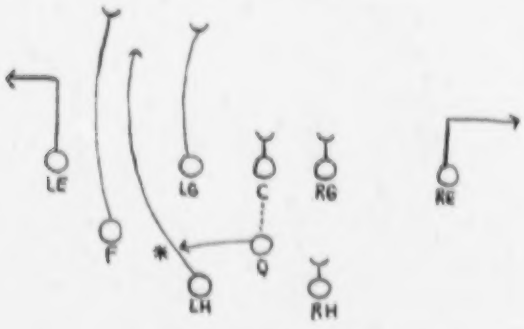

Figure 3.

The play in Figure 4 begins in the same way the first two plays do, but the quarterback sweeps around the left end instead of running outside the left guard.

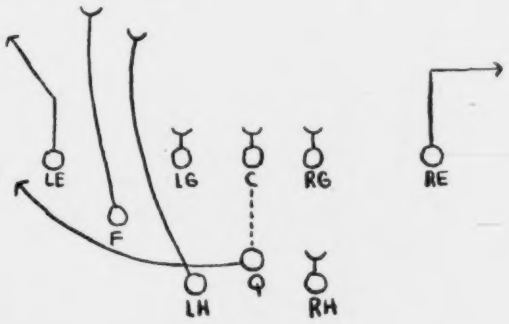

Figure 4.

In the plays shown in Figures 5,6, and 7 similar pass routes are run by different positions. In each play, the left end runs a down-and-in pattern. In figure 5, the flankerback runs a down-and-out patter . on the left.

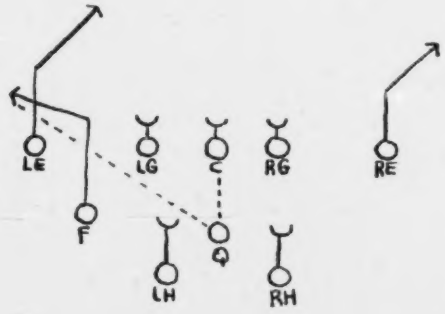

Figure 5.

In Figure 6 both the flankerback and the left guard run a down-and-out pattern.

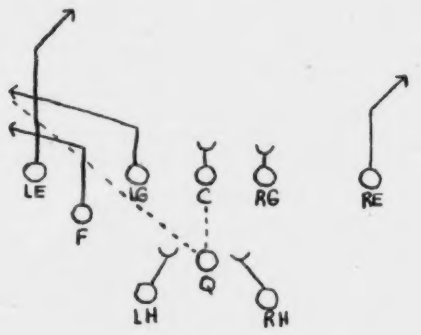

Figure 6.

In Figure 7 the flankerback and the left halfback run a down-and-out pattern.

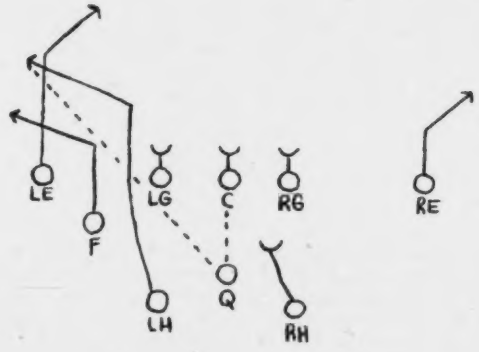

Figure 7.

Two things must be noted about all the plays diagrammed. A flankerback is used instead of a fullback, since using two people in the backfield presents a less confusing situation and does provide enough blocking along with the line for the quarterback. Using a flankerback places another person near the line of scrimmage to serve as a pass receiver. The quicker the receivers move off the line of scrimmage in running their routes, the more likely the pass will be completed. Secondly, the quarterback is shown taking the center snap some distance from the center simply to give the quarterback more time to execute her plays than if she were directly behind the center—only three yards away from the defensive rushers.

Advanced Plays

The play shown in Figure 8 is known as the statue of liberty play. The quarterback receives the snap, drops back to pass, with her arm raised, prepared to pass. The left halfback runs behind the quarterback and takes the ball from her. The halfback then has the option of running around the right side, or passing to the right end.

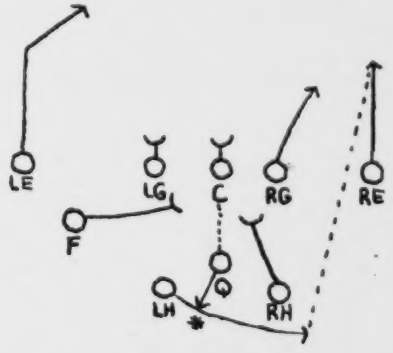

Figure 8.

In the play diagrammed in Figure 9, the third option of the wishbone triple option offense is shown. The quarterback fakes a hand-off to the right halfback, then runs to the right behind the blocking of the flankerback and the right end. In option two, the quarterback keeps the ball. If a defensive player is closing on the quarterback, she may lateral back to the trailing left halfback who runs outside the right end. This is the third option of the triple option.

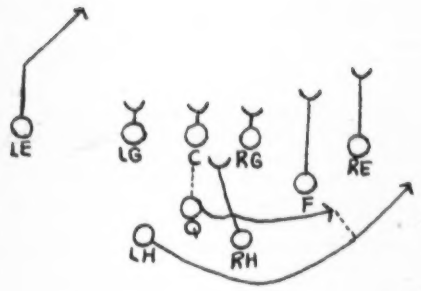

Figure 9.

The play shown in Figure 10 is a flankerback-end double reverse. The quarterback hands-off to the flankerback who is moving to her right. The left end circles left behind the flankerback, takes the hand-off and runs around the left end.

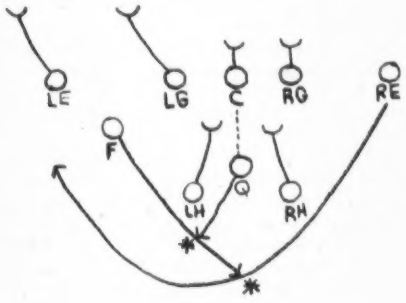

Figure 10.

Training Flag Football Officials

VIRGINIA LEE BELL

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TEACHING RULES

A good official must know the rules of the game. In flag football this includes the ability to distinguish fouls and impose the appropriate penalty or present the proper option. In preparing students to become officials, the teacher should teach the rules pertaining to a skill while teaching the skill. For example, while teaching the skill of punting it may be explained that the punt is used for the kickoff; that other members of the team must remain behind the kicker; that there are options related to a ball not crossing the center line, etc.

Whenever rules are taught along with the skill, the task of beginning game situations becomes easier. Game situations should be carefully planned. Each day new rules and situations should be added. The objective of play should be introduced and new rules taught as the situation arises. For example, when the ball actually goes out of bounds, that is the time to explain the related rule. When a foul occurs, the appropriate penalty or option should be explained and awarded. Thus rules become meaningful. When the same situation arises again the teacher can teach toward officiating by asking, for example, "What was the foul?" and follow the answer to that question with "What is the penalty?" In this way students are encouraged to know the rules and their implication. This exceeds the ability to respond to an official and will aid them when they take on the responsibility of officiating.

LEARNING SIGNALS

The rules state that an official must use the proper arm signals. Following some experience in playing the game, arm signals related to rules already learned may be introduced by the teacher and practiced by all class members while in roll call information. After a sufficient number of signals have been taught, a game of "Simon

Says" can afford further practice. The teacher may say "Simon says offsides" and the students will respond with the hands on hips signal.

OFFICIATING

When the students know enough about the game an additive method of preparing officials may be used. It is recommended that a linesman be appointed first. Duties can be explained easily, and the linesman can be supervised by the teacher acting as referee. After the teaching of fouls an umpire may be added with instructions to assume her position behind the defensive team and concentrate on fouls committed by the defensive team. The umpire should carry a red flag to be dropped to the ground when a foul is committed. In flag football, play continues until the ball is dead.

The teacher, still acting as referee, can aid the umpire by noting fouls unseen by the umpire inasmuch as it takes experience to develop the ability to observe fouls in a fast moving game. A student referee may be added next. The teacher can act as a second referee until the student gains confidence. The referee should be instructed to assume her position behind the offensive team and watch play near the ball. It is the referee's responsibility to administer penalties, place the ball where play is to commence, and give the "ready for play" signals. The rules of flag football do not mention the use of a whistle. The officials should be provided with a whistle to be blown only when fouls such as offsides occur before the ball is centered.

The officials named in the rules of flag football are the minimum number of officials. It is recommended that if this number is used, the linesman take her position on the same side of the field as the referee and the umpire take her position on the opposite side of the field. Where two umpires are used, they should position themselves across the field from each other and behind the defensive team. A third official may assist the referee by positioning herself across the field from the referee behind the offensive team.

A unit in flag football should be concluded with at least one very official game. If a timer and a scorekeeper have not been used during the unit, their duties should be explained at this time. Four quarters should be played with the time element shortened to accommodate a class period. A full complement of officials will aid in concluding the unit with a feeling of attainment.

Flag Football Bibliography

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Frances Tomlin attends graduate school at the University of Texas at Austin and conducts a weekend recreation program. She received her B.S. degree from Southwest Texas State College, San Marcos, and her M.S. degree from the University of North Carolina at Greensboro. She was assistant professor of physical education and women's intramurals director at the University of Oklahoma, Norman. She has been state chairman of DGWS and is currently southern district DGWS secretary. At the University of Oklahoma, she initiated flag football in the intramural program.

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HENSLEY. "We Call It Tagball." *Scholastic Coach*, June 1958.

KAUTY. "Games to Improve Skills, Lead-up to Football." *Instructor*, Oct. 1965.

Flag Football Visual Aids

Compiled by MARYGRACE COLBY
and GLORIA CROSBY

Football Distributor: Athletic Institute, 805 Merchandise Mart, Chicago, Ill. 60654. Loop films. Sale $18.95 each. Various skills are demonstrated by the University of Massachusetts football team.

Football: Basic Skills. Color. Distributor: Ealing Films, 2225 Massachusetts Ave., Cambridge, Mass. 02140. Set of 12 loops. Sale $24.95 ea., $299.40 series. Prepared by Doug Dickey, University of Tennessee. Covers the following skills–

Football Offense:
1. Quarterback Play
2. Passing
3. Receiving and Pass Routes
4. Backfield Play
5. Centering
6. Line Play
7. Kicking

Football Defense:
8. Tackling
9. Line Play
10. End Play
11. Linebackers
12. Backfield Play

P.E. No. 7 (Football, Basketball, and Baseball). 3M Brand Transparency Originals or Transparencies. Distributor: Minnesota Mining and Manufacturing Co.

Teaching Aids

Bulletin Board Charts. Pennsylvania Athletic Products. General Tire and Rubber Co. Includes charts on center play, quarterback maneuvers, running the football, catching the football, passing the football, and kicking the football.

Educators Guide to Free Health, Physical Education and Recreation Materials. 1971. Educators Progress Service, Inc., Randolph, Wis. 53956. Lists free films and booklets to be ordered on different aspects of various games.

Official Flag Football Rules for Girls and Women[1]

THE GAME

Flag football is a game played by two teams of nine players each. The object of the game is to score touchdowns by running or passing the ball over the opponent's goal line.

RULE 1. PLAYING FIELD AND EQUIPMENT

Sec. 1 The official field shall be a rectangular area 100 yards long and 50 yards wide. The long lines shall be called sidelines and the shorter lines endlines.

Sec. 2 The goal lines on an official size field shall be 10 yards from the endlines.

Sec. 3 The field shall be divided into four equal zones. The center line shall be marked in the center of the field and the two quarter lines shall be marked equidistant from the center line and the goal lines.

Sec. 4 A conversion line shall be marked three yards from the goal line equidistant from each sideline.

Sec. 5 Inbound lines shall be broken lines drawn 15 yards from and parallel to each sideline.

Sec. 6 **Equipment**

a. The ball shall be an intermediate size football.

b. Two flags must be worn by each player. Flags for each team shall be of contrasting color and shall be worn on each side of the body hanging freely from the waist in such a manner that they may be easily detached when pulled by an opponent. Flags shall be three inches wide and 14-20 inches long.

c. There shall be a down marker with down numbers on it which is placed or held on the sideline opposite the line of scrimmage to indicate the down.

d. There shall be a clearly visible marker which indicates where a series of downs begins.

RULE 2. OFFICIALS

Sec. 1 The officials for a game shall be a referee, umpire, linesman, timekeeper, and scorekeeper. (See signals, p. 176.)

[1] Changes in rules are indicated by a star (*).

Sec. 2 General Information

a. Each official should carry a red handkerchief and drop it whenever an infraction of the rules occurs.
b. Each official should know and use the proper arm signals.
c. The officials may remove any player from the game for unsportsmanlike conduct and/or unnecessary roughness without prior warning.
d. The officials shall decide what procedure should be followed in the event that a situation not covered by these rules should arise.

Sec. 3 The referee shall:

a. Be the official in charge of the game.
b. Prior to the game:
   1. Inspect the playing field to see that it is safe and properly marked.
   2. Approve the game ball.
   3. Call the team captains together for the coin toss and explanation of any ground rules.
   4. Place the ball on the quarter line and signal the start of the game.
c. During the game:
   1. Administer all penalties.
   2. Explain to the captain any option to which she may be entitled following a foul.
   3. After suspension of play, place the ball where play is to resume, announce down and indicate by arm signal that the ball is ready for play.
   4. Signal time-out when necessary.
   5. Assume a position behind the offensive team during play. Watch the play near the ball.
   6. Indicate all first downs and scores by the appropriate arm signal.
d. After the game:
   1. Sign the scorebook and announce winner of the game.

Sec. 4 The umpire shall:

a. Assist the referee in calling fouls and making decisions when requested.
b. Assume a position behind the defensive team. Watch the line of scrimmage for fouls until ball is centered.
c. Call rules infractions on down field play.
d. See that timing devices are in order and that the scorer and timer understand their duties.

Sec. 5. The linesman shall:

a. Keep an accurate count of downs and shall move the down marker at the referee's signal.
b. Pace off the three-yard neutral zone and indicate the restraining line by his position.
c. Watch the line of scrimmage for offsides and any illegal motion prior to the centering of the ball.
d. Time the 25-second count.

Sec. 6 The timer shall:

a. Be provided with a whistle, a clock and a stopwatch.
   1. The clock shall be used to time the game.
   2. The stopwatch shall be used to time the time-outs.
b. Sound whistle to indicate end of each quarter.
c. Start and stop watch at the referee's signal.

Sec. 7 The scorekeeper shall:

a. Record the names of players and substitutes for each team.
b. Keep accurate account of all points scored and all first downs earned by each team.

RULE 3. PLAYERS

Sec. 1 The Teams

a. Players and Positions
   1. A team shall consist of nine players and any number of substitutes. A team must have at least nine players to start the game. If a team has no substitutes and a player is disqualified, the team must play short. If at any time so many players are disqualified that the team has less than seven players available, they must default the game.
   *2. The offensive team shall have five line players, one of whom shall be center and there shall be four backfield players, one of whom shall be quarterback.
   *3. The defensive team shall line up in any fashion so that none are closer than 3 yards from the line of scrimmage.
b. The Captains
   1. Each team shall have a captain on the playing field at all times.
   2. The captain or coach shall furnish the scorekeeper with the names of all players and substitutes at least two minutes prior to the start of the game.

3. The captain shall be the representative of her team in deciding whether to accept or decline penalties.
4. The captain may address an official only on matters of interpretation or to obtain essential information.

c. Substitutes
1. Substitutes may enter the game any time the ball is dead.
2. A player may substitute any number of times.
3. A player who is disqualified shall not re-enter the game.

RULE 4. DEFINITION OF TERMS

***Centering**—The act of putting the ball in play other than by a kick-off.

Default—A game is considered defaulted when—

a. A team fails
1. To appear for a scheduled game.
2. To be ready for play within 15 minutes after the time the game is scheduled to begin.
3. To be ready for play within one minute at the beginning of the second half or after time-out has been taken for any reason.
4. To play after being instructed to do so by the referee.
5. To have nine players to start play and at least seven to continue play.

*b. Score of defaulted game is 2-0. If the game is in progress the score stands at the point of termination of the game. If the team which must default is winning at that time the score shall be 2-0.

Disqualifying foul—Unnecessary roughness or unsportsmanlike conduct for which a player is removed from the game.

Down—A unit of the game which starts with the centering of the ball and ends when the ball is dead.

End Zone—The area between the goal line and the end line.

* **Flag Guarding**—Any player using hands, arms, clothing or spinning to prevent a player from pulling flag.

Forward Pass—A pass thrown by any player from behind the line of scrimmage toward the opponent's goal line.

Fumble—Failure of a player to retain possession of the ball while running or while attempting to receive a kick, center, hand-off or lateral pass.

Hand-Off—Handing the ball to a teammate who is nearer her own goal than the player handing it to her.

Huddle–Two or more players conferring between downs.

***Kick-off**–A punt or place kick from own quarter line at the beginning of each half and after each try for point or safety.

Lateral Pass–A pass that is thrown back toward the passer's own goal.

***Line Player**–Offensive line player shall be those lined up not more than one yard behind the line of scrimmage.

Line of Scrimmage–Offense: An imaginary line drawn from the front tip of the ball and parallel to the end line. Defense: A line three yards from and parallel to the offensive scrimmage line.

Neutral Zone–A three-yard area separating the defensive team from the line of scrimmage until the ball is centered.

Own Goal–The goal that the team is defending.

Pass Interference–An act in which a player pushes, blocks, removes a flag or holds an opponent to prevent her from catching or intercepting a pass after the ball has left the hands of the passer.

***Personal Contact**–Any body contact between opponents. Use of hands and arms by pushing, holding shall be personal contact.

***Touchback**–A kick-off or punt that is fumbled or lands in the end zone provided the impetus which sent it across the end line was given by the opponents. A player may catch a kicked ball in her zone and ground the ball not attempting to run it out.

RULE 5. SCORING AND TIMING

Touchdown	6 points
Successful Conversion	
Run	1 point
Pass	2 points
Safety	2 points

Sec. 1 Scoring

a. A touchdown is made when a runner carries the ball across the goal line or a pass is completed in the end zone.

*b. A conversion is attempted after a touchdown is scored. A team is given one scrimmage play from the three yard conversion line to complete a pass in the end zone or carry the ball over the goal line.

c. A safety is scored when the ball legally in the possession of a player becomes dead behind her own goal line provided the impetus which sent it across was given by a member of her own team. Points are awarded to the opposing team and the team scored upon restarts play with a kick-off from their quarter line.

Sec. 2 Length of Game

a. The game shall consist of four 10-minute quarters with 2 minutes between quarters and 10 minutes between halves.
   1. No quarter shall end until ball is dead. In case of a touchdown made on the last play of a quarter, the try for point shall be allowed.
   2. If a foul is committed by the offensive team on the last play of a period, the quarter is ended. If a foul is committed by the defensive team on the last play of a period, the offensive captain shall exercise her options before the teams change goals. If she chooses to accept the penalty, the down is replayed immediately. If she declines the penalty, the quarter is completed.

***Sec. 3 Tie Game**

a. If the score is tied at the end of regulation play, the team with the greater number of earned first downs is declared the winner. If the number of earned first downs is the same, the referee shall toss a coin and the winning captain shall have the option of choosing goal or putting the ball in play from scrimmage from the center line. Each team shall have four consecutive downs and the winner shall be the team gaining the greater yardage during those downs.

Sec. 4 Time Outs

a. Team Time Outs
   1. Any player may request a team time out when the ball is dead.
   2. Each team may have two time outs each half.
   3. Team time outs shall be 2 minutes in length.

b. Official's Time Out
   1. Time out shall be taken for the following without time being charged to either team:
      a. For injury to a player.
      b. After a touchdown, safety or touchback.
      c. When the ball goes out of bounds.
      d. For all fouls.
      e. During a try for point.
      f. Any other occasion deemed necessary by the officials.

Sec. 5 Time in shall be taken when the referee signals ball is ready for play.

RULE 6. THE GAME

Sec. 1 Start of the Game

a. Each half shall start with a kick-off. Prior to the start of the game the referee shall toss a coin. The winning captain has the choice

of (1) goal, or (2) kicking or receiving. The losing captain has the remaining choice.

1. At the beginning of the second half the privileges shall be reversed.
2. Goals shall be exchanged at the beginning of each quarter. At the beginning of the second and fourth quarters the ball shall be placed in a position, at the opposite end of the field, corresponding to where it was located at the end of the preceding quarter. The down and distance to be gained shall remain the same.

***Sec. 2 Kick-Off**

a. The ball shall be put in play with a punt or place kick at the beginning of each half and after try for extra point or safety.

b. Any player may punt the ball from anywhere behind own quarter line.
   1. The kicking team must remain behind their quarter line until the ball is kicked.
   2. The receiving team must remain behind the center line until the ball is kicked.

c. When a kick-off is caught, the receiver may run, hand-off or throw a lateral pass. The ball remains in play until the ball carrier's flag is pulled or ball is declared dead by an official. The point at which the ball was declared dead becomes the line of scrimmage.

*d. When a kick-off is fumbled in or lands in the end zone, it is a touchback and the receiving team shall start their series of downs on their own quarter line. A player may catch the ball in the end zone and ground it.

*e. On a kick-off if the ball lands inbounds beyond the center line it is declared dead and put in play by the receiving team at the spot where it first touched the ground.

*f. On any kick-off, if it is fumbled by the receiving team it is dead and play begins from that spot.

*g. On a kick-off which does not cross the center line, the receiving team has the option of having the kick repeated or putting the ball in play on the center line.

*h. If the ball goes out of bound at the side line, the receiving team has the choice of putting the ball in play on the inbound line opposite the spot where it went out of bounds or having the kick-off repeated.

DATE:_____

FLAG FOOTBALL

TEAM:_____ COLOR:_____		TEAM:_____ COLOR:_____	
1	13	1	13
2	14	2	14
3	15	3	15
4	16	4	16
5	17	5	17
6	18	6	18
7	19	7	19
8	20	8	20
9	21	9	21
10	22	10	22
11	23	11	23
12	24	12	24

SCORES

Touchdowns: _____ Safety: _____

CONVERSION points _____ 1st Downs _____

Time Outs 1st Half ☐☐ 2nd Half ☐☐

SCORES

Touchdowns: _____ Safety: _____

CONVERSION points _____ 1st Downs _____

Time Outs 1st Half ☐☐ 2nd Half ☐☐

FINAL SCORE

☐ ☐

If game is tied: earned first downs

☐ ☐

Referee:_____ Linesman:_____

Umpire:_____ Scorer:_____

***Sec. 3 Scrimmage Play**

*a. Line-up
1. The offensive team must be behind the line of scrimmage until the ball is centered; the defensive team must be 3 yards away from the line of scrimmage when the ball is centered.
2. Before the ball is centered, the offensive team must have been motionless except one backfield player who may be in motion not closer to the opponents goal.
3. The offensive team may not have more than four players in the backfield.

b. Centering the Ball
1. The ball must be centered within 25 seconds after the ball has been declared ready for play by the referee.
2. The ball must be centered from the ground in one continuous motion between the feet of the center.
3. The ball may be centered to any backfield player.
4. If the ball touches the ground after it has been centered it is a dead ball. The next down starts from the spot where the ball first touched the ground.

Sec. 4 Downs

a. Upon gaining possession of the ball a team shall have four downs to advance the ball into the next zone or score.
1. If a team crosses into the next zone, a first down is earned and a new series of downs begins.
2. If a team fails to move the ball into the next zone they lose possession of the ball. The opposing team starts their series of downs from the spot where the ball became dead.
3. If a team loses yardage, the original line must be crossed to obtain a first down.

Sec. 5 Scrimmage Kick

a. A team may punt on any down but must announce the punt to the referee before the ball is centered.
b. Any backfield player may punt after receiving the ball from the center.
c. Neither team may cross the line of scrimmage until the ball has been kicked.
d. Each team must have at least three players on the line of scrimmage when the ball is kicked.
e. The receiver may run with the ball, hand-off, or lateral.
f. If the ball goes out of bounds at the side line it is dead and the next series of downs starts from the inbound line opposite that spot.

g. The ball is dead on the spot if a member of the kicking team touches the ball before it has been touched by a member of the receiving team.
h. If the ball is fumbled in or lands in the end zone or goes over the end line, the receiving team starts its series of downs on their quarter line.
i. If the ball comes to rest in bounds without being touched by a player on the receiving team, the ball is declared dead at that spot.
*j. A ball fumbled by receiving team—ball is dead and the ball is taken over by the receiving team.

Sec. 6 Offensive Play

a. The ball carrier may run in any direction until the ball is declared dead.
b. The ball carrier may use a lateral pass or hand-off anywhere on the field.
c. A forward pass may be thrown only from behind the line of scrimmage to any player on the offensive team.
   1. If the pass goes out of bounds or is not caught it is incomplete and the next down is taken from the last line of scrimmage. If this occurs on a fourth down play, the opposing team starts its series of downs from the same spot.
   2. If two opponents catch a pass simultaneously, the ball is dead and belongs to the team which put the ball in play. The next down begins at the spot where the simultaneous catch occurred.
   *3. If the yardage needed for a first down or touchdown is 3 yards or less, the ball may not be passed across the line of scrimmage within 3 yards (to either side or down the middle) of the spot from which the ball was centered.
d. Screening
   1. Players may screen by virtue of body position only. No player may use her arms in screening.
   2. Screening for a ball carrier on a running play is legal provided there are no more than two teammates screening at one time.

Sec. 7 Defensive Play

a. A defensive player must have one or both feet on the ground when detaching a flag. After the flag is pulled, the ball is dead and the next down starts from that spot.
b. The flag must be pulled without pushing, holding or hitting the ball carrier.
c. The ball carrier may not use her hands or arms in any manner to prevent her flag from being pulled.

Sec. 8 Dead Ball. The Ball is Dead:

a. Anytime the ball carrier touches the ground with any part of her body other than her feet and hands.
b. When the ball carrier has a flag pulled.
c. Following a touchdown, try for point, safety or touchback.
d. When the ball goes out of bounds or when a player in possession of the ball steps on or over a boundary line.
e. When a scrimmage kick hits the ground.
*f. On a kick-off, when the ball touches the ground.
*g. On an incomplete forward pass.
*h. When a player of the kicking team touches a scrimmage kick before a member of the receiving team.
*i. When a simultaneous catch occurs.
*j. When fumbled ball touches the ground.

Sec. 9 Out of Bounds

a. When the ball or the ball carrier touches or goes over the side line, the ball is put in play on the inbound line, opposite the spot at which the out of bounds play occurred.
b. A forward pass that is caught out of bounds or over the end line is incomplete and constitutes a down.

RULE 7. FOULS AND PENALTIES

A foul is any infringement of the rules which results in loss of yardage. The captain of the offended team has the option of accepting or declining any penalty, whichever is to her team's best interest. If the penalty is declined, the number of the next down is the same as if the foul had not occurred. Whenever the penalty is greater than the distance to the goal line, the penalty shall be half that remaining distance.

Sec. 1 Fouls occurring on the kick-off

a. Any member of the kicking team crossing the quarter line before the ball is kicked.
Penalty: Kick is repeated from 5 yards behind the quarter line or first down where the ball was declared dead.
b. Any member of the receiving team crossing the center line before the ball is kicked.
Penalty: Kick is repeated from 5 yards in front of the quarter line or first down where ball was declared dead.

Sec. 2 Fouls occurring as or before ball is centered

a. Failure to center ball within 25 seconds.
b. A false start by the center lifting the ball completely from the ground before centering or failing to center the ball between her feet.

c. The offensive team crossing the scrimmage line or the defensive team entering the neutral zone before the ball is snapped.
d. Failure of any member of the offensive team to have been motionless for at least one second before the ball is centered.

Sec. 3 Fouls occurring on scrimmage kick

a. Failure of team to announce punt to referee.
Penalty: Loss of five yards and kick repeated or first down for opposing team at the spot where ball was declared dead.
b. Any member of kicking team crossing line of scrimmage or any member of receiving team entering the neutral zone before the ball is kicked.
c. Less than three players from either team on the line of scrimmage when the ball is kicked.
Penalty: For b and c: loss of five yards from the spot where the ball was declared dead.

Sec. 4 Forward Pass.

If the opposing team intercepts an illegal pass, play continues until the ball is declared dead. The captain of the intercepting team has the option of retaining possession and starting with a first down from the spot where the ball was declared dead or of accepting the penalty.

a. A player throws a forward pass after crossing the line of scrimmage.
b. A passer intentionally grounds a pass.
Penalty: For a and b: loss of five yards from line of scrimmage. Down advances.
c. A player throws a forward pass after catching the ball on a kick-off or scrimmage kick or after intercepting or catching a pass.
Penalty: Loss of five yards from the spot where the illegal pass was thrown.
d. A player interferes with another player who is attempting to catch or intercept a forward pass.
Penalty:
1. If the passing team interferes with an opponent intercepting a pass, the ball is awarded to the team which attempted the interception. Their series of downs starts at the spot where the foul occurred.
2. If the defensive team interferes, the offensive team is awarded a first down at the spot of the foul or 15 yards from line of scrimmage whichever is the greater distance.

Sec. 5 Delaying of Game

*a. Unnecessarily continuing play after ball has become dead.
Penalty: Loss of five yards from spot where ball was declared dead. Down remains same.

*b. Falling on the ball.
Penalty: Loss of 15 yards from line of scrimmage. Down remains same.

*c. Delaying the game unnecessarily in any other manner.

Sec. 6 Illegal wearing or pulling of flags

a. Wearing flags illegally.
Penalty: Loss of five yards from scrimmage line or spot of foul whichever is greater. Down advances.

b. Ball carrier using her hands or clothing to hide or prevent opponent from pulling her flag.

c. Pushing, holding, or hitting the ball carrier while pulling her flag.
Penalty: For b and c: loss of 15 yards from line of scrimmage or spot where foul occurred whichever is greater.

*d. Falling on knees before, during, or after pulling a flag.
Penalty: b,c,d: Loss of 15 yards from line of scrimmage or spot where foul occurred whichever is greater.

Sec. 7 Illegal hand-off

a. The ball may not be handed forward at any time.
Penalty: Loss of five yards from spot of hand-off. Down advances.

Sec. 8 Illegal Substitution

a. A substitute entering the game before the ball has been declared dead.

b. A team has more than nine players on the field when ball is put in play.
Penalty: For a and b: loss of five yards from scrimmage line. Down remains the same.

c. A disqualified player re-enters the game.
Penalty: Loss of 15 yards. Down remains the same. Player removed from game.

Sec. 9 Screening

a. A player may not use her arms to screen.
Penalty: Loss of five yards from spot of foul. Down advances if committed by offensive team. Down remains the same if defensive team fouled.

b. More than two players screening for ball carrier.
Penalty: Loss of five yards from spot of foul. Down advances.

Sec. 10 Personal Contact

a. There shall be no personal contact between players.
   Penalty: Loss of 15 yards from spot of foul. Down advances if committed by offensive team. Down remains the same if committed by the defensive team.
b. Unnecessary roughness.
   Penalty: Immediate disqualification of player. Loss of 15 yards. Down advances if committed by offensive team. Down remains the same if committed by defensive team.

Sec. 11 Unsportsmanlike Conduct

a. A player or coach using abusive or insulting language.
b. Disputing or arguing with officials over a decision.
   Penalty: Loss of 15 yards. Down advances if committed by offensive team. Down remains the same if committed by defensive team. Flagrant offender should be disqualified.

Sec. 12 Double and Multiple Fouls

a. A double foul occurs when both teams commit a foul during the same down.
   Penalty: The two fouls cancel each other. The down is replayed.
b. Multiple fouls occur when two or more fouls are charged against the same team. Only one penalty may be enforced. The captain of the offended team may choose either penalty or decline both.

Sec. 13 Offensive Play

*a. If the yardage needed for a first down or touchdown in 3 yards or less, the ball may not be carried or passed across the line of scrimmage within 3 yards (to either side) of the spot from which the ball was centered.
   Penalty: Five yards, and down remains the same.

SUGGESTIONS FOR MODIFIED RULES

In situations where space is limited the field size may be reduced. The recommended minimum size is 70 yards by 30 yards. The end zones and distance between inbound lines on smaller fields should be reduced proportionately. When smaller fields are used the number of players should be reduced to four backfield players and three linesmen.

When both teams are in agreement the following rules modifications may be used:

a. The game ball may be a junior size or regulation football.
b. Flags other than those meeting official specifications may be used.

c. The length of the game may be shortened by reducing the length of the quarters or time between halves.
*d. When field space is limited one inbound line down the center of the field may be used.

CLARIFICATION OF RULES

RULE 1

1. May a player attach one of her flags in front and the other at her back?
No. The flags must be worn on each *side* of her body. (Section 6b).

RULE 2

1. May more than the specified number of officials be used in a game?
Yes. The five listed are considered a minimum; other officials, such as an additional linesman, may be used if they are available.

RULE 3

1. Must a substitute report to scorer and umpire when entering the game?
No. Provided that the player's name is entered on the official score sheet, she may enter the game without reporting to an official (Section 1b & c).

RULE 4

1. Is a ball which is passed parallel to the goal line considered a lateral pass?
No. Since the receiver must be closer to her own goal than the passer, the path of the ball cannot be parallel to the goal line.

RULE 5

1. If a team receives a first down as a result of a penalty, does this down count in deciding the winner of a tie game?
No. This is not an earned first down. (Section 3a).
2. May a team save its four time outs until the last half?
No. Time outs are limited to two each half. (Section 4a-3).

RULE 6

1. May a member of the offensive backfield be in motion before the ball is centered?

Yes, provided that she comes to a stop and remains motionless for at least one second before the ball is centered. (Section 3a-2).

2. Does the offensive team have 25 seconds to meet in the huddle?
   No. The offensive team has 25 seconds to put the ball in play after it has been declared ready by the official. (Section 3b-1).
3. A center preparing to center the ball tips it at an angle to the ground. Is this legal?
   Yes, provided that some part of the ball remains in contact with the ground. Should she lift the ball completely from the ground, it would be a violation of the rule. (Section 3b-2).
4. May the offensive team use more than one lateral or one hand-off during a down?
   Yes. Any number of laterals, hand-offs, or combinations of the two may be used during the same down. (Section 6b).
5. What players are eligible to receive a forward pass?
   Any player may receive either a forward or lateral pass. (Section 6c).

RULE 7

1. How do defensive players know a scrimmage kick is planned by the offense in order to avoid the foul of entering the neutral zone before the ball is kicked?
   After the offensive team has announced its intention to kick to the referee, the referee informs the defensive team of the approaching scrimmage kick. (Section 3).

ARM SIGNALS FOR OFFICIALS

DGWS SPECIAL PUBLICATIONS

DGWS Research Report: Women in Sports. 1971 ..... (243-06920)
Forward Riding Manual for Teachers ..... (243-07342)
GAA Manual. 1966 ..... (243-07730)
Handbook for Teaching Basketball Officiating. 1969 ..... (243-08038)
Manual for Teaching Western Riding ..... (243-25106)
Philosophy and Standards for Girls and Women's Sports. 1970 ..... (243-07988)
"Polly" Cartoons. Revised 1968 ..... (243-07846)
"Polly" Cartoons II. 1971 ..... (243-25170)
AIAW Handbook. 1971 *published annually* ..... (243-25228)
Selected Archery Articles. 1971 ..... (243-25160)
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Sports Programs for College Women ..... (243-25124)
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